



Four-legged war heroes

Author shares tales of animal bravery in two world wars

SEE PAGE 6



Getting their Zumba on!

From badminton to boxing at Wellbeing Games

SEE PAGE 10



Mosey through Millwall

Walk of the month with Graham Barker

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ISSUE 1061 25 - 31 MAY 2015

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Barts Health in special measures

BY HELEN WATSON

ENGLAND'S chief inspector of hospitals has rated services provided by Barts Health NHS Trust as inadequate, following inspections of the trust's three main hospitals.

The trust had already been placed in to special measures following a Care Quality Commission (CQC) report on Whipps Cross University Hospital, which was published in March.

The CQC then inspected The Royal London Hospital and Newham University

Hospital. Both have also been found to be inadequate.

The CQC has identified 65 areas where the trust must make improvements.

The chief inspector, Sir Mike Richards, said: "Barts Health NHS Trust is the largest in England, serving over 2 million people and

home to some world-renowned specialities.

"So it is all the more disappointing to report the extent and level of our concerns, particularly in safety and leadership.

"It is three years since the merger which formed the trust – but there is still a lack of engagement with the staff, low morale, high levels of stress, even confusion among the workforce about who is in charge.

"While we have found many services require improvement,

we also found examples of good services at both Royal London Hospital and Newham.

"We met a very committed workforce who felt undervalued by trust leadership, but valued by their patients and colleagues, and their local managers."

The trust covers five hospitals – Barts in the City, The Royal London in Whitechapel, Newham University Hospital in Plaistow, Whipps Cross in Leytonstone and Mile End Hospital.

■ continued on page 3

HE'S AROUND HERE SOMEWHERE...



Where's Wally? and friends will be visiting the ArcelorMittal Orbit at the Olympic Park during half-term with the promise of a fun-tastic experience. Workshops, a story trail and games will keep visitors entertained. For more, see page 21.



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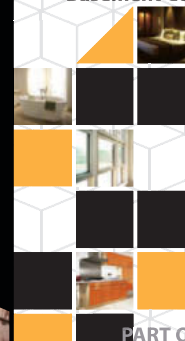
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A powerful history

Anne Frank's diary has been translated into 67 languages with more than 30 million copies sold.



Enduring belief in human nature

"It's a wonder I haven't abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart."

ANNE FRANK, JULY 15, 1944

News

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East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.



The official independently audited door-to-door delivery is 83,990 Audit Bureau of Circulation (ABC Regional) July - Dec 2014

East End Life was the first weekly newspaper produced by a local authority in the UK with a net cost of .02p per copy per week to produce. Paid-for advertisements are carried to keep costs to a minimum.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

Idea Store hosts Anne's inspirational WWII story

Life-size replica of teenager's secret home in Anne Frank & You exhibition

BY SHALINA HUSSAIN

IDEA Store Whitechapel has been chosen to host a flagship exhibition by the Anne Frank Trust.

Anne Frank & You draws upon the inspirational writings by the German Jewish schoolgirl, encouraging visitors to challenge prejudice and hatred.

Born in 1929, Anne Frank was a teenager who was forced to go into hiding during the Holocaust. She and her family spent more than two years during the Second World War hiding in an annexe of rooms above her father's office in Amsterdam.

After being betrayed to the Nazis, Anne and her family were arrested and deported to the concentration camps. In March of 1945, she died of



typhus at Bergen-Belsen. She was 15 years old.

During her time in hiding, she wrote a diary, first published in 1947. It is one of the most powerful memoirs of the Holocaust ever written.

The exhibition features a life-size replica of Anne Frank's bedroom in the secret annexe and examines the story of a remarkable young girl and her famous diary.

Building upon this, a range of interactive panels consider the impact of prejudice today, exploring contemporary stories including the murder of Stephen Lawrence, racism in football and the inspirational courage of Pakistani schoolgirl Malala Yousafzai.

The launch of Anne Frank & You follows a programme of activities in secondary



schools, supported by the Department for Communities and Local Government.

Since October 2014, students have been trained as Anne Frank Ambassadors and will help to guide visitors from other local schools around the exhibition.

The display is suitable for

adults and children aged ten plus. Adult discretion is advised for younger visitors.

The exhibition is on until May 31 on the fourth floor of Idea Store Whitechapel, Whitechapel Road.

For more information visit www.towerhamlets.gov.uk/ideastore



Above and right: the Anne Frank & You exhibition



Inside this week's issue

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Challenge set to make improvements

Barts Health Trust covers five hospitals – Barts in the city, The Royal London in Whitechapel, Newham University Hospital in Plaistow, Whipps Cross in Leytonstone and Mile End Hospital.

SEE BELOW

A date for the diary

Elections for mayor of Tower Hamlets and a councillor for Stepney Green ward take place on June 11.

News

NHS failings identified

■ continued from page 1

The inspection was carried out in January by two teams, which included doctors, nurses and other specialists.

The Royal London Hospital was rated good for critical care with patients positive about the treatment they received.

And the Royal College of Physicians' audit of stroke care rated the London at 97.5 per cent for patient experience from diagnosis to rehabilitation – the highest result in London.

It was also noted that the hospital is a pioneer in trauma care.

Around 25 per cent of the patients attending the trauma service in an emergency had penetrative wounds, significantly higher than any other UK trauma centre. The survival rate was approximately twice the national average.

Barts Health said it is now developing a comprehensive improvement plan and the CQC said it was encouraged by the progress that has been made since the inspections were carried out earlier this year.

The trust has recently completed a review of the number of nurses and midwives it employs and is now in the process of recruiting a further 500 permanent nurses, midwives and healthcare assistants.

Steve Ryan, Barts Health chief medical officer, said: "We are very sorry for the failings identified by the CQC in some of our services.

"We are already making rapid and dramatic improvements in key areas. We welcome the targeted help the special measures regime provides to support our improvement.

"All our hospitals will be part of the trust's improvement plan in response to special measures, ensuring a consistent approach to the provision and delivery of high-quality care.

"We will work with each of our hospitals with the same urgency and commitment."

Full reports have been published at www.cqc.org.uk/provider/R1H

Police appeal for good samaritan to come forward

POLICE are appealing for a woman who intervened to stop an assault in Limehouse to come forward.

On Tuesday, April 14, at around 5.30pm, two girls, aged 16 and 17, were assaulted by a man and

a woman in Ratcliffe Lane, near the gates of The Royal Foundation of St Katharine.

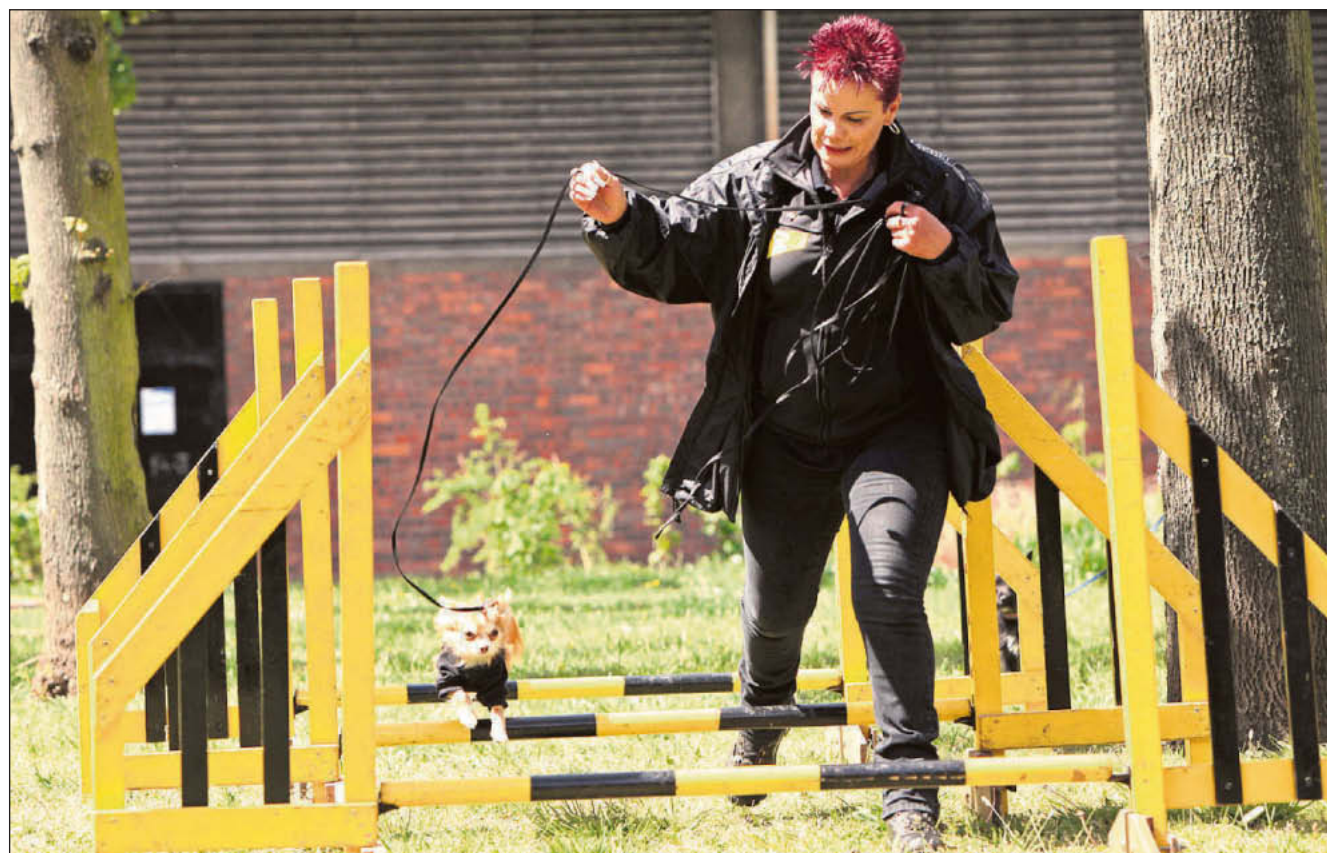
Both victims received facial injuries with one suffering a broken nose. A woman stepped in to break up the fight, shouting

at the suspects that she would call police, and both ran off. From her voice, it is believed she was of Eastern European origin.

Tower Hamlets CID are investigating and are keen the woman gets in contact with them.

Officers are also keen to speak to anyone who was near Limehouse DLR station and witnessed the attack.

Anyone with information can call 7275 4550 or 101, quoting reference number 4209560/15.



IT was a dog day afternoon at Tarling Street Pocket Park as pooches and their owners visited the council's community dog roadshow.

Pets received free microchipping and vouchers towards the cost of health treatment, as well as free poop bags.

The council's animal warden service joined forces with the Dogs Trust to hold the event.

Two more events are planned over the summer, one on Friday, June 12 at Rhoda Street Open Space, Bethnal Green from 11am-4pm and another on Friday, July 24 at East India Dock, Poplar from 11am-4pm.

As well as a serious health message, the roadshows will feature fun, on-the-spot training.

In our photos, Frankie tackles the assault course.

Anti-fraud measures in place for elections

BY SUSAN MULLIGAN

THE elections for mayor of Tower Hamlets and a councillor for Stepney Green Ward on June 11 will have some of the most robust anti-fraud measures ever used in the UK.

The council, police and Electoral Commission have worked together to develop an approach that will tackle fraudulent activity throughout the election process.

Police will again be present at every

polling station on election day. Groups of supporters will be prevented from congregating around polling stations and obstructing voters, giving residents easy access to cast their vote.

Any allegations of fraud made to the Returning Officer will be investigated fully and responded to, and extra training has been given to polling officers and police representatives to combat suspicious or fraudulent activity.

John Williams, borough Returning

Officer, said: "We are building on lessons learned from previous elections to deliver a free and fair election on June 11. The General Election this month was delivered smoothly and in line with expectations by the police, the Electoral Commission and the council. We will work together again to ensure that the June election is equally well run."

Any resident who has any concerns about possible electoral fraud should report this to the Returning Officer by emailing THElections@towerhamlets.gov.uk

News in brief Cultural festival

CULTURAL organisation Open the Gate celebrates its sixth anniversary this June with 13 hours of live world music and an African market.

On Saturday 6 and Sunday, June 7, Rich Mix in Bethnal Green will host a series of events to mark the celebration.

Live acts set to play include Afrik Bawantu, Bocafloja and Baba Adesose Wallace. There will also be a design and crafts market showcasing the talents from Africa and inspired by African cultures.

The market will showcase original and ethical fashion, accessories, jewellery and shoes, as well as arts & crafts, home-ware, natural beauty products, books, music and more.

There will also be African food served throughout. The free event starts at 12noon.

For more information and full listings visit www.openthegate.org.uk

Quality inspection

TWO of the borough's adult social care services have recently been inspected by the Care Quality Commission (CQC).

In the past week, the CQC has published reports on the Culture Care Agency in E3, which was rated as good, and Mooncare Ltd (domiciliary agency), E14, which requires improvement.

Under CQC's new programme of inspections, all of England's adult social care services are being given a rating according to whether they are safe, effective, caring, responsive and well led.

Full reports on all inspections are available at www.cqc.org.uk

Life through art

AN exhibition of drawings by artist Bobby Baker is on display at Bromley by Bow Centre. They chart the ups and downs of her personal experience of mental illness, family life, work as an artist and breast cancer recovery over 11 years.


The exhibition is open during GP surgery opening hours and runs until Sunday, July 19.

For more information visit www.dailylifeld.co.uk

Family announcements

To our dear friend
Max Levitas
Wishing you a very happy
100th birthday on 1st June
from Ruby and Fred

100 Happy Birthday!



Summer Education Supplement 2015

East End Life is publishing its summer education supplement on 17 August. This is a fantastic opportunity for all educational establishments, tuition services and training organisations to advertise their services to local residents, prior to the GCSE and A-Level results coming out. Advertisers will also get 500 words of editorial included in the price.

Booking deadline is Friday 10th July
Artwork submission deadline is Friday 17th July

For enquiries and bookings please call

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Help the flying doctors

London's Air Ambulance was founded in 1989 and to date has treated more than 32,000 critically injured people.

LONDONSAIRAMBULANCE.CO.UK

News



Up to 200 people will abseil down the Royal London Hospital for London's Air Ambulance

Join actor Larry for charity abseil

BY NINA WARHURST

YOU might know him as EastEnders' evil Archie Mitchell, or affable Mick from Gavin and Stacey.

But on June 19, actor Larry Lamb is to take on a completely different dramatic challenge – and he wants you to help.

Larry will join 200 people abseiling 270ft down the Royal London Hospital to raise money for London's Air Ambulance service.

The volunteers will descend in a series of sessions over three days and there are still places left – if you've got the bottle.

Larry said: "I am hugely proud and full of admiration for the doctors and paramedics at London's Air Ambulance who work round the clock to save lives. "One of those lives might someday be mine, or someone close to me, so I am committed to helping London's Air Ambulance. I'm encouraging others to sign up too!"

The helicopter service serves the ten million people who live, work and commute within the M25, delivering treatment to the critically injured.

It is only partially funded by the NHS, and so relies on donations and fundraisers.

If you want to take part in the abseil, between June 19 and 21, you'll need to pay £35 to register, and raise at least £300.

For more information, visit **www.londonsairambulance.co.uk/events**

News in brief
Have your say

RESIDENTS are invited to tell inspectors about their experiences of the London Ambulance Service NHS Trust.

England's chief inspector of hospitals is asking the public for their views and experiences of the services provided.

The busiest of England's ten ambulance service trusts, it covers all of London, serving a the millions of people living within its 608 square miles.

The Care Quality Commission (CQC) will start its formal inspection week, on June 1.

Inspectors will visit emergency operations centres where 999 calls are received and inter-

view the teams about the work they do, as well as talking to other organisations and agencies that the trust collaborates with.

If you want to ensure your views are heard, visit **www.cqc.org.uk/contact-us**, email **enquiries@cqc.org.uk**, write to CQC, Citygate, Gallowgate, Newcastle upon Tyne, NE1 4PA or call **03000 616161**.

Increase for services

THERE has been a record increase in the demand for advice services for people with HIV in Tower Hamlets, according to a local charity.

Positive East says 500 people

called its advice line in the first three months of the year, far more than ever before.

The HIV charity is now expanding its service to include evenings and weekends.

From Tuesday, May 26, people with HIV can call the advice line on 7791 2855, Mondays and Fridays from 10am-4pm, Tuesday to Thursday from 10am-7pm and on Saturdays from 11am-3pm.

Callers can find out a range of information. The service is delivered through a combination of paid staff and volunteers.

For more information, go to **www.positiveeast.org.uk** or email **advice@positiveeast.org.uk**



Building positive relationships

The Best Bar None scheme aims to reduce alcohol-related crime and disorder by building a positive relationship between the licensed trade, police and local authorities.

WWW.BBNUK.COM

A motivating alliance

The Tobacco Control Alliance works to prevent access to tobacco products, to motivate tobacco users to quit.

SEE BELOW

News

Help on hand for quitting tobacco

HELP is at hand in the run-up to Ramadan for Muslims to receive support in quitting tobacco.

The Quit Tobacco Before Ramadan campaign launched on Friday, May 15, six weeks before the period of prayer and fasting, which starts on June 18.

Dr Somen Banerjee, director of public health at the council, said: "Ramadan is an ideal time to embrace the health and financial benefits of quitting tobacco as you greatly reduce your risk of lung cancer, heart disease and stroke."

Smokeless tobacco (chewing tobacco like sada and zarda) is widely used in the south Asian community with betel nut and paan leaf.

Tower Hamlets has one of the highest rates of smokeless tobacco use as well as other products like shisha.

The campaign is delivered in partnership with stop smoking advisers, imams, health trainers, health professionals and the Black Minority Ethnic (BME) Stop Tobacco Project.

The council is running advice sessions on stopping smoking



The council's Quit Tobacco Team outside East London Mosque

or using chewing tobacco on:

■ Tuesday, May 26-Thursday, May 28, 10am-4pm at Watney Market, E1.

■ Friday, May 29, 12.30-2.30pm at Ford Square Mosque, 16 Ford Square, E1.

■ Wednesday, June 10, 10am-4pm at Asda Isle of Dogs, 151 East Ferry Road, E14.

■ Every Tuesday, 12.30-2.30pm at Darul Ummah Mosque, 56 Bigland Street, E1.

■ Every Wednesday, 12.30-

2.30pm at Brick Lane Mosque, E1.

■ Every Thursday, 1-3pm at East London Mosque, E1.

■ Every Friday, 1-3pm at Brick Lane Mosque, E1.

To speak to a male or female member of the BME Stop Tobacco Project in English or Bengali, call 7882 8669 (women) or 7882 8660 (men.)

For details on the stop smoking services visit www.towerhamlets.gov.uk/stopsmoking

For details about the

roadshows or how to reduce the risk of cancer and detect it early, visit www.cancerawarenessroadshow.org.uk

News in brief

Prestigious award is open for entries

LICENSED premises are being invited to apply for the prestigious Best Bar None award.

The national scheme was so successful last year that entries are now being welcomed for 2015.

The award, supported by the Home Office, recognises excellence in responsible management and operations of alcohol licensed premises.

Last year, eight premises were awarded Best Bar None status.

The aim of the scheme is to reduce alcohol-related crime and disorder and build positive relationships between licensed premises, police and local authorities.

So far the council has received treble the amount of entries compared with last year.

David Tolley, head of

consumer and business regulations at the council, said: "We encourage all licensed premises in Tower Hamlets to apply for this award."

"The scheme was hugely successful last year and we hope the increase in the number of applicants will yield more positive results for residents, businesses and the wider community."

Best Bar None helps promote, improve and raise standards in the borough's bars, clubs and pubs. Since it began from Manchester in 2003, more than 100 councils have adopted the scheme across the country.

Following its success in the UK, Canada has also implemented the scheme.

If you own a pub, bar or club and would like it to be considered for the Best Bar None award or want more information, call 7364 5008.

Man pleads guilty to manslaughter

BY STAFF REPORTER

A MAN who beat and killed his girlfriend in her own home has pleaded guilty to manslaughter midway through a trial at the Old Bailey.

Hussein Abu, 37, of Whitechapel Road, E1 accepted responsibility for the death of 26-year-old Sannah Javed at her flat in Green Lane, Ilford on the evening of December 2, 2014.

The court heard that, at the time of her death, Sannah had been in a relationship with Abu for a number of years.

Around 11.15pm, police officers were called to the address by the

London Ambulance Service following reports of a collapsed woman.

On arrival, officers found Abu in an agitated state.

He told officers at the scene that Sannah had collapsed while sitting on her bed, but later offered two alternative versions of the evening's events.

Sannah was taken to King George Hospital where she died in the early hours of the following morning.

Following a post mortem on December 6, it was found that she had sustained a number of internal and external injuries.

Abu was arrested on December 6 and was charged

the following day. Detective Chief Inspector Tim Duffield, of the Met's homicide and serious crime command, said: "The police investigation exposed Hussein Abu as a violent and controlling man, a person who, after attacking his partner, was prepared to lie in an effort to escape justice."

"Abu had ample opportunity to admit his guilt earlier but chose to put Sannah's family through the further ordeal of a criminal trial. I can only hope today's outcome helps her family begin to come to terms with their loss."

Abu was awaiting sentence as East End Life went to press.

CANARY WHARF COLLEGE 3 AGED 4- 18

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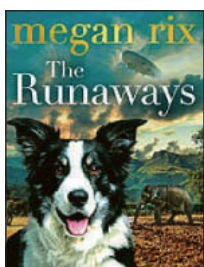
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Did you know...

A record 126,897 young Londoners took part in the 2014 Balfour Beatty London Youth Games.



Tales of doggie derring-do

Author Megan Rix's new book, *The Runaways*, features an unlikely friendship between a circus elephant and a dog on the home front during the First World War.

SEE BELOW

Schools news

News in brief

Hermitage holds summer fair

HERMITAGE Primary School in Wapping is holding its summer fair on Saturday, June 13 from 12noon to 3pm.

Visitors can look forward to African drumming, farm animals, police horses and a barbecue.

The school is in Vaughan Way, E1W.

All welcome at Olga's annual fete

OLGA Primary School in Bow will be holding its annual summer fair on Saturday, June 6.

It is the last fair before work begins at the Lanfranc Road school to make it a three-form entry. There will be craft stalls, food and a bouncy castle. Everyone is welcome between 12 noon and 3pm.

Rain stops play but girls share in victory

TOWER Hamlets' girls football team shared the spoils after torrential rain forced a premature end to the Balfour Beatty London Youth Games ParaGames football competitions at Hackney Marshes on Tuesday, May 19.

In the female competition, Wandsworth and Hammer-smith & Fulham were in the midst of their quarter-final before the abandonment. They were both awarded first place alongside semi-finalists Bromley, Ealing and Tower Hamlets as sides still in the competition at that stage.

As the thunder and lightning subsided, there was an official pitch inspection and competition directors, medics, referees and team managers were all in agreement that conditions underfoot were too dangerous to restart play.

The Tower Hamlets female team was represented by St Pauls Way Community School, Central Foundation Girls School and George Greens School.

To find out more about competing or volunteering at the London Youth Games, visit www.londonyouthgames.org

BY HELEN WATSON

THERE was animal magic in the air when best-selling author Megan Rix visited Blue Gate Fields Junior School on May 15.

Ms Rix has written four successful novels for children based on animal heroes and their roles supporting the British army in the first and second world wars.

Year 5 pupils at the Stepney school welcomed children from Kobi Nazrul, Marion Richardson,

Hague, St Paul's with St Luke's, Lansbury



Lawrence and St Anne's primaries to join in the fun.

Children asked questions of the author, who spoke about her love for animals and the extensive research she had done for her books.

Ms Rix said she had visited gamekeepers at Woburn Safari Park to learn about the more exotic animal characters in her books, especially rescued circus animals.

The children were fascinated by the author's wartime stories, particularly about parachuting dogs, rescue and helper dogs, and a greedy Sheffield elephant!

She talked about her new book, *The Runaways*,

Left: author Megan Rix with one of her popular books, *The Bomber Dog*
Above: Megan Rix signs copies of her books
Right: the author shares her top writing tips with pupils

Meet Megan's furry, four-legged war heroes



which features an unlikely friendship between a circus elephant and a dog on the home front during the First World War.

"I was so impressed by the bright, inquisitive, polite, well-behaved children I met at Bluegate Fields," Ms Rix told *East End Life*.

Ms Rix signed books at the end of the session and posed for pictures with the children.



PUPILS from Cubitt Town Junior School enjoyed free hockey and tennis coaching sessions at Queen Elizabeth Olympic Park on May 19 and 20. More than 50 primary schools were invited to the Lee Valley Hockey and Tennis Centre.

Primary pupils in years 3 and 4 enjoyed coaching in quicksticks – a fun, four-a-side taster for hockey – and mini tennis. The centre runs rush hockey sessions every week for players of all standards, as well as hotshots tennis coaching for all age groups. Both will be running sessions for five- to 12-year-olds during the half-term holiday, from Tuesday, 26 to Friday, May 29. Derrick Ashley, Lee Valley

Regional Park Authority chairman, said: "Uniquely among world class sports venues, anyone can play on the pitches and courts at Lee Valley Hockey and Tennis Centre, which runs many introductory sessions to encourage new participants to get involved." The centre has six outdoor and four indoor tennis courts and two international competition standard hockey pitches. It will host the Unibet Eurohockey 2015 Championships from August 21-30 and the NEC Wheelchair Tennis Masters from November 25-29. For more information or to book go to www.visitleevalley.org.uk/hockeytennis ■ Turn to page 35 for half-term holiday activities.



The centre of the cell universe

Centre of the Cell, at the Whitechapel Campus of Queen Mary, University of London, is the first science education centre in the world to be located in working biomedical research laboratories.

WWW.CENTREOFTHECELL.ORG

The best of the best

The Insiders' Guide to Bethnal Green includes content from the best craft beers to secret walks. Download it at...

OXFORDHOUSE.ORG.UK

News

Get the inside track on the Bethnal Green scene

BY NINA WARHURST

WITH notepads and cameras in hand, community journalists took to the streets for eight weeks to gather stories about their favourite part of Tower Hamlets – Bethnal Green.

The result was the first ever E2: The Insiders' Guide to Bethnal Green, published on May 13.

The publication was launched in the pocket park outside Oxford House in Derbyshire Street as residents, community workers and business owners gathered in the sunshine.

The new booklet and online guide is funded by the National Lottery Awards for All scheme. It gave people who are passionate about their community the chance to train as journalists and publish their work.

The guide is co-ordinated by Liz Baume and East End Life walks writer Graham Barker. At 60 pages long, it includes a range of content from the best craft beer, to secret walks and trips down memory lane.

"Who better to write about life



in Bethnal Green than a group of local residents?" said John Ryan, chief executive of Oxford House.

"Together they ventured out, intent on finding out more about the neighbourhood.

"They met community gardeners and choreographers, explored furniture workshops and jewellery studios, and chatted with advice workers, brewers and bike experts. Each had their story to tell about life in Bethnal Green."

The guide offers an inside track on life in the neighbourhood, behind-the-scenes visits to local landmarks and takes a look at local enterprises, projects and businesses.

Graham Barker said: "Whether you live in, work in or visit Bethnal Green, you'll discover something new about E2 in our guide."

Printed copies of the guide are available at Oxford House or download the online version at oxfordhouse.org.uk

LEARN about the wonderful world of teeth and take part in a puppet show about genetics this half-term at the Centre of the Cell.

On Wednesday, May 27 and Thursday, May 28, visitors to the science education hub on Newark Street, Whitechapel can sink their teeth into a

Teethastic show, take part in a giant toothpaste experiment and discover how to get terrific teeth and gorgeous gums.

Children aged four to eight can attend A Mummy for Melissa on Friday, May 30. It is a story about a new-born monster who is trying to find her mummy and learns about cells

and DNA along the way. Each event also includes the opportunity to go inside a cell-shaped pod, suspended over the laboratories of the Blizard Institute.

There you can learn about the human body and try your hand at virtual experiments, heal extensive virtual burns, study real body parts and diagnose cancer using high-power microscopes.

To book tickets, visit www.centreofthecell.org/events.

Adults (16+) £7; children (3-15) £5; concessions £5; under-threes go free. For a full schedule of events, visit www.centreofthecell.org or call 7882 2562.



News in brief

The Bite is back

THIS summer will see the return of Bite Street Food Market.

Taking place in East India Square, next to All Saints DLR, Bite offers dishes from around the world, music, outdoor seating and even table tennis.

It will take place on the last Friday of every month, between 11am and 3pm.

To find out more, go to www.bitestreetfood.com

Half-term treats

FAMILIES can have a fun day out this half-term at Discover Children's Story Centre in Stratford.

With everything from kite-making workshops and a story-reading session with Stephan Pastis, author of Timmy Failure, there is lots to keep kids happy.

For more information on activities at the centre, visit www.discover.org.uk

Do you have an idea for a New Social Enterprise but need funding to set up?

The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. The Social Enterprise must be located in those Boroughs.



What is the Beyond Business Programme?

Beyond Business has already launched a network of 50 plus successful Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training, mentoring and pro-bono legal services.

Is my idea for a Social Enterprise eligible?

To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environment improvements.
- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
- Create sustainable employment.
- Be able to legally set up and start trading by end January 2016.

How will Applicants be assessed?

- **Stage 1:** Applicants submit an expression of interest form for a panel review.
- **Stage 2:** Applicants successful at stage 1 complete a business plan, with support from the Beyond Business team.
- **Stage 3:** Applicants successful at Stage 2 present their business idea and plan to an independent Dragons' Den panel on 15th October 2015 - funding then approved for successful applicants.

Need an expression of interest form?

Please contact:

Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT

Telephone: 020 8709 9722

Email: kimh@bbbc.org.uk

The closing date for Submission of Expressions of Interest is **15th June 2015**.

For full details on eligibility and any other information, please contact Kim Hayman

www.bbbc.org.uk





For your information

Parking to pest control,
housing to hate crime

TURN TO PAGES 14 & 15

Tell us what matters to you



Real is organising a democracy conference on issues that matter to disabled people. It is on Monday, June 1 at Jack Dash House, Isle of Dogs. Lunch for a maximum of 80 will be available – register at...

WWW.REAL.ORG.UK OR CALL REAL ANSWERS ON 7001 2177

Useful information

Join us for our democracy day

News from disability organisation Real

REAL is organising a democracy conference on issues that matter to local disabled people on Monday, June 1.

As part of the event, there will be a hustings with the different candidates for mayor of Tower Hamlets.

A new mayor for Tower Hamlets

Local authorities cover services from running parks and planning and building control, through to essential services such as housing, social services and some education.

Tower Hamlets is led by an executive mayor, who has more powers than many cabinet leaders in other local authorities.

They make many key decisions on both policies and how to spend money. It's up to them how to run the budget for the local council.

This is why it's so important that disabled people exercise their vote when choosing a new Tower Hamlets mayor on Thursday, June 11. Any new mayor is going to make difficult choices about if, when and how to implement cuts to services.

Getting involved in voting

Six weeks ago we told you about the work Real was doing with Operation Disabled Vote to get people to get involved in democracy. We had an amazing event at Stepney Market, with lots of people finding information about where and how to vote.

But registering to vote is only part of the story. You also need to decide who you are going to vote for.

Real's democracy conference, June 1

We are having our AGM, conference and mayoral electoral hus-

tings on 1 June. The event starts at 10.30am and finishes at 4pm. You don't have to come to the whole day and full details can be found on our website at www.real.org.uk

The event will be held at Jack Dash House, 2 Lawn House Close, Isle of Dogs, which has good accessible public transport links. Lunch for a maximum of 80 will be available for those who sign up in advance.

The event will be party-politically neutral. Our aim is to provide a platform for candidates to explain why you should vote for them, and for you to quiz them on the issues that matter most to you.

We have a number of confirmed candidates, and are expecting more to accept. Get involved! It's your big chance to influence how local disabled people are supported over the next four years.

The event will be made accessible for everyone, including British Sign Language interpreters, and materials in easy read.

If you are going to come along you must register online or tell us in advance by calling Real Answers on 7001 2177.

On the day we will have:

- information stalls from a range of local organisations on services that support disabled people and people with long-term conditions;
- a presentation from our Local Voices project;
- lunch (for those who are pre-registered);
- a speaker from Inclusion London, working to talk about the big issues affecting deaf and disabled people and how we want to tackle them;
- the mayor's hustings event.

Visit our website at www.real.org.uk for the latest details about our democracy conference, including which candidates have confirmed their attendance at the hustings.

Please join us – it's going to be a brilliant day.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannafor Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no. Page no.



A wealth of creative talents

Spitalfields was the most concentrated Huguenot settlement in England. Many became silk weavers and produced some of the most sumptuous designs and fabrics of their day.

WWW.HUGUENOTSOFSPIITALFIELDS.ORG

History was made

Fifty years ago, Poplar, Stepney and Bethnal Green merged to form the London Borough of Tower Hamlets.

SEE BELOW

News

A milestone celebration

50 years of Tower Hamlets' cultural history featured in new exhibition

BY SAM GOUGH

FIFTY years of Tower Hamlets' rich cultural heritage were celebrated at the launch of the #50TH: Half a Century of Tower Hamlets exhibition this week.

The exhibition is an insight into the past 50 years through objects, pictures, maps and posters. It opened at Tower Hamlets Local History Library & Archives in Bancroft Road, on Wednesday, May 20, and was attended by more than 60 people.

Joy Wotton, who visited the launch, said: "It's an excellent exhibition and the talk that Malcolm Barr-Hamilton, borough archivist, gave was very lively. It was a most enjoyable evening."

The exhibition continues until August 6. There are lots of other events taking place across the borough throughout the summer to celebrate.

These include:

- guided walks and behind-the-scenes tours of some of the borough's historic former civic buildings;
- talks from artists and historians on themes related to the borough;
- family events;
- a film screening of *Fly A Flag for Poplar* – a film made by local residents exploring the area's rich history.

These events will be taking place from May to August 2015.



The exhibition features pictures, maps and posters

For more information, visit www.ideastore.co.uk

Sergio Dogliani, deputy head of Idea Stores, said:

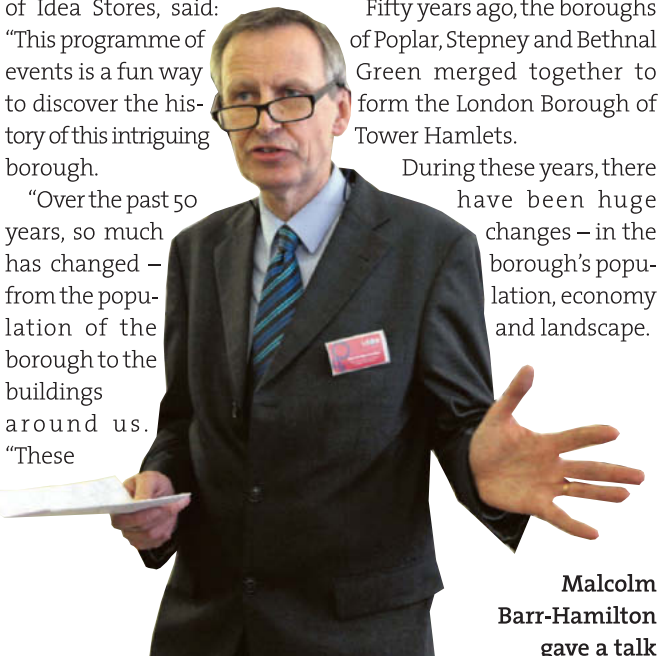
"This programme of events is a fun way to discover the history of this intriguing borough.

"Over the past 50 years, so much has changed – from the population of the borough to the buildings around us. "These

events celebrate the huge achievements of these years through our archive material."

Fifty years ago, the boroughs of Poplar, Stepney and Bethnal Green merged together to form the London Borough of Tower Hamlets.

During these years, there have been huge changes – in the borough's population, economy and landscape.



Malcolm Barr-Hamilton gave a talk

Royal silks go on show at summer festival

A SUMMER festival celebrating the lives and heritage of the Huguenots runs from Monday, June 1 to Sunday, September 27 in Spitalfields.

The Huguenots settled in England between the 16th and 18th centuries, bringing with them a wealth of creative talents

and entrepreneurial spirit, including silk weaving.

The festival is part of London's Magna Carta 800th anniversary celebrations, in partnership with the City of London Corporation.

Some of the Huguenot designs and fabric are now in the Warner Textile Archive.

Its archivist Kate Wigley will be presenting a talk on the Royal Silks of Spitalfields at Hanbury Hall, Hanbury Street, on Tuesday, June 9 at 7pm. Tickets £8, concessions £6.

For full details of the festival and events on locally, visit www.huguenotsofspitalfields.org

■ Tower Hamlets is home to a number of artistic and creative groups. Following Arts Council England's last funding round, 36 organisations based in the borough will share a total of £23.5 million over three years. These include internationally renowned venues like Whitechapel Art Gallery and innovative combined arts organisations like the Artichoke Trust.

News in brief

Garden to open

A NEW Shakespeare-themed garden, designed by people in recovery from addictions, has been planted in the grounds of St Leonard's Church in Shoreditch.

Actor Timothy West will cut the ribbon at the opening ceremony on Sunday, June 14.

The gardens were designed and planted by service users at the Spitalfields Crypt Trust (SCT).

The ceremony will be followed by a garden party hosted by the charity as part of its 50th anniversary celebrations.

Janis Wales, gardening tutor at the New Hanbury Project, SCT, said: "The students have been working so hard and the results are just fantastic."

The free event is also part of London Open Squares weekend.

St Leonard's Church is in Shoreditch High Street, E1.

For more information, go to www.sct.org.uk/bardsyard

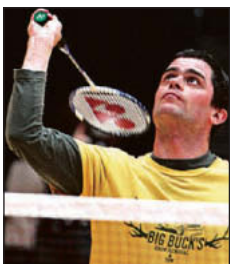
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Mental health care
East London Foundation NHS Trust provides mental health and community health care services and support.

WWW.EASTLONDON.NHS.UK



Go on, give it a go!
The Wellbeing Games at the Copper Box arena featured taster sessions in yoga, boxing and Zumba, as well as a 5-a-side football tournament, badminton, table tennis and chair-based exercise.

SEE BELOW

Feature

The Copper Box arena played host to this year's Wellbeing Games, organised by East London Foundation NHS Trust. **Helen Watson** reports. Photos by **Kois Miah**.



Getting a taste for the fun of exercise

SERVICE users took up a sporting challenge at this year's Wellbeing Games.

Held on May 15 at the Copper Box arena, the event featured taster sessions in a variety of sports and exercise classes. The event was organised by East London Foundation NHS Trust and brought together mental health and community health service users and their carers from Tower Hamlets, Hackney and Newham. There were team events, as well as individual activities. Visitors tried out competitive sports, exercise classes, supported gym programmes, swimming and health walks. The event at the Queen Elizabeth



Olympic Park venue provided a great opportunity to support service users to improve their physical health. Featured taster sessions included yoga, boxing and Zumba, as well as a 5-a-side football tournament, badminton, table tennis and chair-based exercise. Competitors were entertained by a brass band. There were also information stalls from event partners Motive East, Bromley by Bow centre and The Shoreditch Trust. The event was organised as part of Mental Health Awareness Week.

From top: residents enjoy table tennis, sitting aerobics and sitting volleyball. Above: the winners of the football. Left: dance was a very popular activity



“I hope to have helped”

Consultant Matt Barry has spoken of his two visits to operate on Palestinians after more than 14,000 people were injured in last year's conflict between Gaza and Israel.

SEE BELOW

Bad for your liver

Ninety five per cent of liver disease is preventable and stems from lifestyle – alcohol, obesity and viral hepatitis.

WWW.LOVEYOURLIVER.ORG.UK

Health news

Carer's insight is highlight of Dementia Awareness Week

BY HELEN WATSON

A RANGE of events took place in the borough to mark Dementia Awareness Week.

Barts Health NHS Trust organised activities and events to help raise awareness of the condition and inform people of the support available to patients and carers.

The week is supported by the Alzheimer's Society, a UK charity that provides support to people living with dementia, their carers and health professionals, as well as funding research. By raising awareness, it is hoped that people with dementia will be able to maintain a better quality of life.



Carer Tommy Whitelaw with Barts NHS dementia nurses Lucy Jones and Michelle Parker

The disease is caused when parts of the brain stop working. It affects around 820,000 people in the UK, usually those over 65, but this is set to rise as the population ages.

The trust arranged stalls, talks

and information sessions for staff, carers and stakeholders.

One of the highlights was a talk at Mile End Hospital with carer Tommy Whitelaw, who tours the country sharing his experiences as a part of the

Early action is key, says GP

LOCAL GPs are urging people to be aware of the symptoms of dementia and be open to talk about it if they, or someone close to them, may be affected by the condition.

People with dementia have problems with:

- memory and thinking;
- problem-solving;
- communicating;
- activities, such as dressing.

Sir Sam Everington, a local GP and chair of NHS Tower Hamlets Clinical Commissioning Group, said: “The sooner you know what you're dealing with, the sooner you can get on with your life and feel in control again.”

For more information visit www.alzheimers.org.uk or contact Alzheimer's Society Tower Hamlets on 8121 5626.

You Can Make a Difference campaign.

Personal stories, such as Tommy's about his late mother Joan who had vascular dementia, feature in the campaign to help those living with dementia.

Tommy said: “This is about sharing the experiences of living with and caring for my mum, and the things that lifted us and brought opportunities to our lives. It is also about the things that held us back.”

Surgeon tells of treating Gaza's injured

A SURGEON at The Royal London Hospital in Whitechapel has spoken about helping seriously injured people in Gaza.

Matt Barry, a specialist orthopaedic consultant, joined forces with medics at Kings College Hospital NHS Foundation Trust and headed out to Gaza in December 2014. He returned in February.

It is believed that 2,200 people were killed across Palestine and Israel in the 50-day conflict, which began in July 2014. An estimated 14,000 people were injured and 500,000 more displaced in Gaza.

Matt said: “We saw many children and adults needing limb reconstruction – ordinary citizens suffering from old injuries, such as fractures, that could not be treated during the fighting, leaving some unable to walk or use an arm.

“But we also saw the life-threatening reality of unexploded shells littering the area. In February three young cousins were brought in, seriously injured when a shell exploded as they played near their home. Two of the boys nearly died and we were unable to save a badly hurt hand of one of the boys. They were all extremely lucky not to have been killed.”

The group worked with the charities IDEALS, set up by orthopaedic surgeons,



Royal London Hospital consultant Matt Barry, right, speaks with doctors during surgery in Gaza City

and Medical Aid for Palestine, with government funding from the Department for International Development.

Matt worked at Al-Shifa Hospital in Gaza City, one of the area's largest hospitals. Matt added: “The hospital teams

were glad for the support. They, of course, lost many colleagues and paramedics in the attacks.

“As well as providing much-needed equipment we were able to work with the teams to share learning and improve

patient care. I hope to have helped in a small way. There is much that needs to be done, and many people who need medical aid.”

For more information about Medical Aid for Palestine, visit www.map-uk.org

Pop-up clinic offers a liver health check

RESIDENTS are being urged to love their livers with a free screening that could be lifesaving.

The council is supporting the British Liver Trust's fourth annual Love Your Liver campaign with a pop-up clinic at Whitechapel Idea Store, on Tuesday, May 26 from 10am to 4pm.

At the event, visitors can find out how healthy their liver is with non-invasive screening and information on the day, supported by clinicians from The Royal London Hospital.

The campaign is highlighting the rise in deaths from liver disease – up 400 per cent in 40 years. Problems are caused by being overweight or drinking too much alcohol, as well as blood-borne viruses, such as hepatitis B and C. More than 40 people in the UK die daily from liver disease as often it is not detected until the later stages.

Tower Hamlets has among the highest rates of liver disease in England, which leads to more people in Tower Hamlets being admitted to hospital and dying at a younger age than average, according to data from Public Health England, 2014.

Dr Somen Banerjee, director of public health at the council, said: “Your liver performs many vital functions for your body and too much fatty food or alcohol can cause lasting damage. Making simple changes to your lifestyle can make a big difference, and being screened early can save your life.”

Tips on ensuring you keep your liver healthy include:

- drinking no more than two units of alcohol a day for women and three units a day for men;
- having no alcohol at least three days a week;
- eating a healthy balanced diet, with plenty of fresh fruit and vegetables, and lots of water;
- reducing portion sizes and cutting fat and sugar intake;
- taking regular exercise, for 30 minutes a day if you can; and
- practising safe sex.

For more information, visit www.loveyourliver.org.uk

Charity fundraising

It costs over £15m to run St Joseph's Hospice each year. It needs to raise £7m each year through charitable donations.



One of Britain's oldest, largest hospices

St Joseph's Hospice, founded in 1905, is an independent charity providing compassionate support and care for local people with life-limiting conditions and terminal illnesses.

WWW.STJH.ORG.UK

News

Spurs legends tackle the celebrities

BY HELEN WATSON

FAMOUS faces got on the ball for St Joseph's Hospice at a charity football match on May 17.

Held at Leyton Orient's Brisbane Road ground, a celebrity team took on a Tottenham Hotspur Legends side to raise funds for St Joseph's in Hackney and Haven House Children's Hospice in Woodford Green.

Haven House ambassador and TV star Mark Wright captained the celebrities, while fellow actor Daniel Mays assumed the role of manager.

Other players who supported the hospice charities included Heart FM's Jason King, TOWIE's Jake Hall and model and actor Paul Sculfor.

Actress Pauline Quirke, whose mother was cared for at St Joseph's, led out the celebrity team, while her

actor son, Charlie Quirke, played in the match. The boys played against a team of ex-Tottenham Hotspur players, including Teddy Sheringham, Mark Falco and Darren Anderton.

"It was great to play against the Tottenham Legends, they really gave us a good match," Mark said.

"However, I speak for everyone on the celebrity team, when I say that it was all about raising vital funds for these two amazing local charities."

Michael Kerin, chief executive of St Joseph's, added: "A special thank you to the celebrities and the Spurs legends who gave us their valuable time for free, the corporate sponsors, volunteers and, of course, the fans. It was a brilliant day which will help two fantastic hospices."

The final score was 10-5 to the Tottenham Legends and the event raised around £24,000.



From left: Teddy Sheringham, Mark Falco, head of community fundraising at St Joseph's hospice Gemma Cornwell, Henry the Hound, a volunteer from Haven House, Steve Clemence and John Lacey at the match

WAPPING DENTAL CENTRE



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Organised by the Tower Hamlets
Safer Neighbourhood Board



Residents' Question Time

A Safer Neighbourhood Board public meeting

Tuesday 9 June 2015

6.30pm – 8.30pm (doors open at 6.00pm)

Alpha Grove Community Centre

Alpha Grove | Isle of Dogs | London E14 8LH

- Your chance to meet the Police Borough Commander and the Head of Safer Communities, to discuss key policing and community safety issues
- A great opportunity for local people to share their experiences and views
- Promote and raise awareness of current action being taken to address key issues
- All residents welcome

For further information please phone Jon Shapiro on 07811 482731 or email jon.shapiro@o2.co.uk

The event is funded by the Mayor's Office for Policing and Crime and organised by the Tower Hamlets Safer Neighbourhood Board.

MOPAC
Mayor's Office for
Policing and Crime

**METROPOLITAN
POLICE**
Working together for a safer London

TOWER HAMLETS

Our forgotten East End street vendors

Even as Henry Mayhew was writing his social histories during the 19th century, street piemen were being driven out of business by the pie shops opening in Whitechapel and Stepney.

SEE BELOW

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

Delicious snapshot of bygone trade

BY JOHN RENNIE

THE street sellers advise 'a good bit of spice to give the crittlings a flavour, and plenty of treacle to make the mince-meat look rich'.

Henry Mayhew's *Of Street Piemen* opens in typically rich fashion – brimming with street colour. Yet within those words (allow me to explain what crittling is in a moment) there is a wealth of detail about the lives of ordinary Victorian East Enders: what they ate, where they ate it, and the fact that the poor were usually eating food adulterated to make the questionable ingredients palatable.

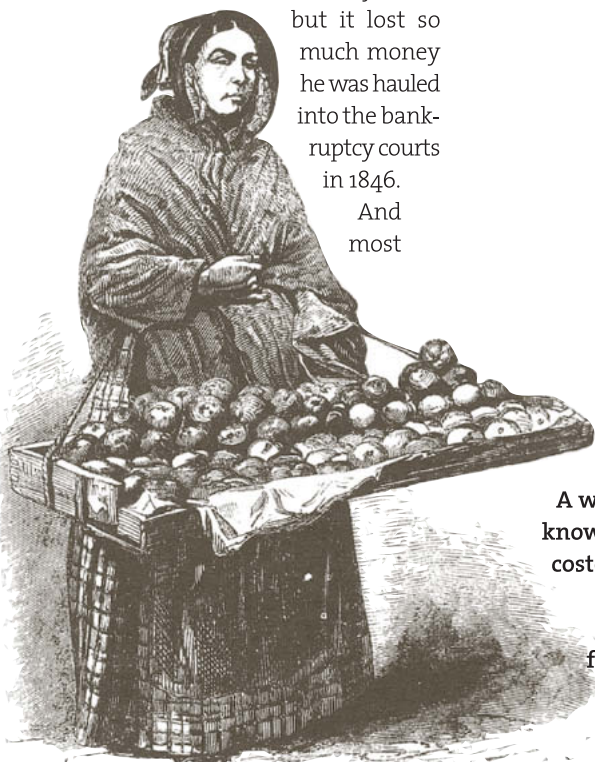
We know Mayhew best for his mass observations of working class east London. A colourful character, he was one of 17 children, and was educated at the posh Westminster School before heading to Wapping and running away to sea.

The eternally peripatetic Henry was thus first a midshipman with the East India Company, then a solicitor, then a freelance journalist (finding time to manage a West End theatre in his evenings). His willingness to find work wasn't matched by an ability to hang on to money... he would be chased by his creditors all his life.

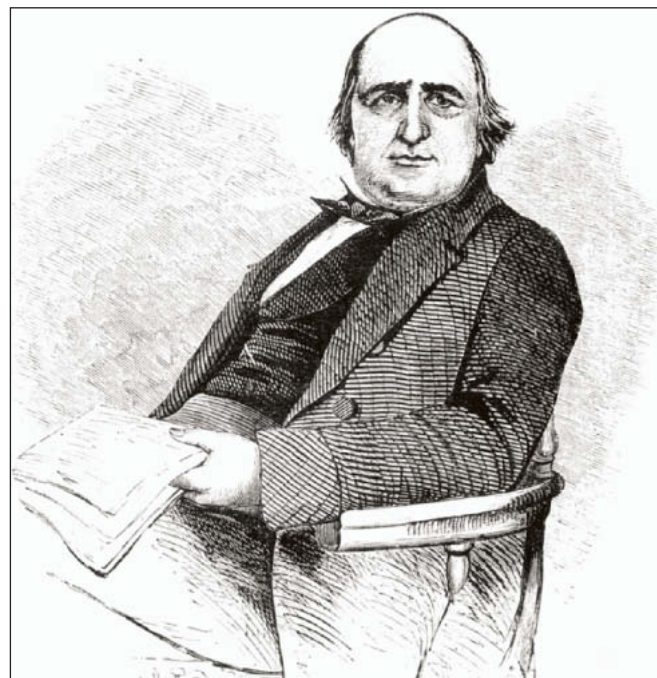
But if there was a certain flightiness to Henry, he left good things in his wake. He was in at the start of the *Illustrated London News* and, in 1842, co-founded *Punch* magazine – both would be at the heart of London journalism for more than a century. He also founded *Iron Times*, to cash in on

the railway boom, but it lost so much money he was hauled into the bankruptcy courts in 1846.

And most



A woman, known as a coster-girl, offers apples for sale



Above: journalist Henry Mayhew

Left: street urchins taunt a pieman

famously he compiled a series of articles for the *Morning Chronicle* newspaper, anticipating the Victorian taste for 'social survey'. Rather than write about the working people of the East End from a (relatively) distant Fleet Street office, Henry got down to Whitechapel to observe.

His statistics – number of buttonmakers in Whitechapel, number of teetotal boot-repairers in Stepney, number of itinerant Irish prostitutes in Bethnal Green – were taken from the *Chronicle* pieces and compiled into the volume, *London Labour and the London Poor*.

Mayhew operated as a prototype data journalist, though his extrapolation of statistics to cover the whole city, combining street interviews, police statistics and census data, were questionable at times.

But the source material is superb, because Henry was out there getting it himself, and recording his interviewees' own words. *Of Street Piemen* is a pocket-sized introduction to Mayhew.

We read how the economics of the East End are changing: how the street pie seller is losing out to new pie shops on the streets of Whitechapel and Stepney. And we learn that four-day old meat can be disguised with a surfeit of pepper and gravy (thin, browned water) poured in through a hole in the top of the pie.

The piemen, and the urchins who taunted them as they struggled to survive, op-

“Passers-by might taunt the piemen crying ‘mee-ow’ or ‘bow-wow’, referring to the provenance of the ‘beef’, ‘mutton’ or ‘chicken’ in their pies.”

erated under an almost permanent blanket of smog, as the chimneys of several thousand East End homes and manufactories spewed their smoke into the air.

The ever enterprising Henry, striving for a holistic view of his territory, takes a balloon ride above the city.

The balloon breaks through the sooty clouds and, as dusk falls, the writer notes the fog hanging over the city, being blown by the prevailing wind towards the East End, where only the church steeples break the shroud.

Back on the ground, he delights in the life of the street markets on a Saturday evening: 'hurrah for free trades – here's yer turnips'; 'chestnuts all 'ot, a penny a score'; 'Yarmouth bloaters, three a penny'. And as night falls, he dives into the penny gaffs –

'a kind of temporary theatre', entrance one penny, which were on every street corner in Whitechapel, Shoreditch, Spitalfields and Stepney. The entertainment is bawdy, the audience raucous... and constables are on hand to control the more enthusiastic patrons.

Not everybody liked his observations. While the middle and upper classes revelled in his reports that passers-by might taunt the piemen with cries of 'mee-ow' or 'bow-wow' – referring to the provenance of the 'beef', 'mutton' or 'chicken' in their pies – the street traders were less impressed, even establishing the Street Traders' Protection Association in 1851, to look out for snoop-journalists.

And, of course, modern statisticians can be snuffy about Mayhew's tireless taste for extrapolating his findings – never has Benjamin Disraeli's scathing appraisal of the use of 'statistics' seemed more apposite. But he was a pioneer, and paved the way for the work of Charles Kingsley and Thomas Hughes.

His work was reproduced in leftist newspapers such as the (Chartist) *North-east Star* and the *Red Republican*. And Charles Dickens (whose fiction did more to advance the cause of working people than a chamber full of MPs) loved his colour and detail. Henry, in his casual and louche way, was a revolutionary.

And 'crittlings'? That's the stuff left after 'boiling down the lard', an all-purpose ingredient to add flavour to the mysterious ingredients going in to the pie... enjoy your meal.

■ *Of Street Piemen* by Henry Mayhew, published by Penguin Classics, 80p.

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, June 2
6.30pm: Licensing sub-committee

Business includes application to review premises licence for A1 Brady News, 56 Brady Street and Muhib Indian Cuisine, 73 Brick Lane, Spitalfields.

For more details call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

7.30pm: Standards advisory committee

For more details call Elizabeth Dowuona on 7364 4207 or email elizabeth.dowuona@towerhamlets.gov.uk

Thursday, June 4

7pm: Strategic development committee

For more details call Zoe Folley on 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Wednesday, June 10

6.30pm: Health scrutiny panel
Contact Elizabeth Dowuona – see left.

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

The Government is changing benefits

Prepare and act now

The Government is changing the benefit system as part of its plan to reduce welfare dependency. If you are a resident who is not in work or have low income, you may be affected. The impact of these changes could be significant. It is important that you prepare now to avoid any disruption to your benefits. For more information about the changes and the support available, visit www.gov.uk or call 0800 506 000, or telephone 0800 506 000.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1
Footway outside 141 Mile End Road – BT payphone kiosk with combined internally illuminated advertising. One side will display a BT payphone and the reverse side will hold a scrolling advertising panel which can display static or scrolling advertising posters. Payphone to be re-sited due to Super Cycle Highway scheme.

245-247 Mile End Road – high-level advertising signs to side and front of building.
Land at north of Longnor Estate, Longnor Road – highways works, ref: PA/13/03059.

Land at Fakruddin Street and Pedley Street – amendment of planning permission, ref: PA/12/02228. Sound insulation, designed to prevent excessive airborne and impact noise between proposed community use and first-floor residential use above. Residential dwellings shall not be occupied until the approved scheme has been fully implemented.
1-9 Ratcliffe Cross Street and land to the south of 8-12 Ratcliffe Street – non-material amendment of planning permission, ref: PA/14/02671.

The Highway Trading Centre, Heckford Street – screening opinion as to whether EIA is

required for 5,050 sqm (54,300 sqft) of B1 employment floorspace; and 300 residential units in a mix of 1, 2, 3 and 4+ beds.

E2
7-9 Old Nichol Street and 17-19 Club Row – acoustic baffle at roof level and plant noise impact assessment, ref: PA/14/02602.

E3
Flat 509, Lexington Building, Fairfield Road – internal alterations with installation of roof light and air-conditioning unit system.
28-32 Bow Common Lane – samples of planning permission, ref: PA/14/02933.
Central Foundation Girls School Lower School, College Terrace – construction management plan, cycle storage, child play space and wheelchair units, ref: PA/12/02577.
2 Vivian Road – reduction of sycamore canopy by 30-40 per cent, reduction of tree height to 5m.

E14
6 John Smith Mews – single-storey rear extension projecting 4m.
83 Barchester Street – non-material amendment, ref: PA/14/02607.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment.
71 Johnson Street, E1.
7790 1344
www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community.
The Davenant Centre, 179-181 Whitechapel Road, E1
7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males.
Riverside House, 4th Floor, 20 Garford Street, E14.
7538 9421

Young People's Service
Treatment for under-19s
Unit 26, Skyline Village, Limeharbour, E14.
3069 7878
www.lifeline.org.uk

Isis
For women aged over 18
c/o Hopetown Hostel, 60 Old Montague Street, E1.
7426 0399
www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village
Limeharbour, E14.
0800 008 7200
www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi.
Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3.
7510 1081

Are you registered to vote?

Find out if you are already registered, and if not, how to go about it.

Find out more

Latest news
New government powers planned
Statement on election petition
50th anniversary

Popular pages
Council tax
Parking
Waste & recycling
Planning

Register to vote
Elections for the Mayor of Tower Hamlets and a councillor for Stepney Green ward will take place on Thursday, June 11. Residents who need to register to vote must do so by Tuesday, May 26.

Tower Hamlets online

www.towerhamlets.gov.uk
For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

Staying smoke free

BY STEFAN SWIFT

COUNCIL officers have been working with the Canary Wharf Group (CWG) to ensure that visitors and employees are able to enjoy the environment directly outside their offices.

The council is working with the group's management team to advise visitors and employees to smoke in the allocated shelters provided.

Reducing the number of people smoking outside offices allows for everyone to enjoy a

cleaner environment and improved health.

CWG has provided designated smoking shelters to help prevent people smoking in non-smoking areas.

The initiative has seen a reduction in littering and an increase in the number of people using smoking areas which has led to a more pleasant environment for staff, visitors and tenants.

All people that work and live in Tower Hamlets are offered free access to the council's stop smoking services.

To help enforce the use of

smoking areas, the council has issued 49 fixed penalty notices to people smoking in areas considered as smoke free under the Health Act 2006.

Dr Somen Banerjee, council director of public health, said: "Helping people to stop smoking and protect people from the health harms of second hand smoke continues to be a local and national priority to improve public health."

For more information, visit www.towerhamlets.gov.uk/stopsmoking or call 7364 5008 or email healthandsafety@towerhamlets.gov.uk

Kids' Summer Activities Supplement – 29th June

East End Life's monthly Get A Life supplement on 29th June will be themed around activities for kids during the summer holidays. This is an opportunity for advertisers who offer such services to promote them to local residents before the school term ends.

Call or email the sales team for enquiries or bookings

Sharan 020 7364 4061 sharan.ahmed@towerhamlets.gov.uk
Christine 020 7364 4994 christine.o'doherty@towerhamlets.gov.uk
Terri 020 7364 4682 terri.gornall@towerhamlets.gov.uk
Fatima 020 7364 4623 fatima.khan@towerhamlets.gov.uk

Booking deadline is Tuesday 23rd June at 12 noon.
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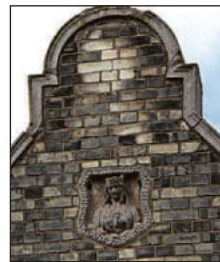
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07823 886 170
www.speeddrivingschool.co.uk



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's photo was of the roof at Sutton Street depot in Shadwell.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes
– 7364 5015
Healthline – 7364 5016

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice – 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)
24-hour domestic violence national helpline
0808 2000 247
Haven Whitechapel (sexual assault referral centre)
7247 4787
Karma Nirvana (Honour Network Helpline)
0800 5999 247
Broken Rainbow (LGBT domestic violence)
0845 260 4460
Black Women's Health & Family Support
8980 3503
Rights of Women

(legal advice)
7251 6577
Victim Support Line
0845 30 30 900
Victim Support Tower Hamlets
8555 8254
NSPCC Child Protection Helpline
0800 800 5000
Childline
0800 1111
Shelterline
0808 800 4444
Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)
0116 2556 234
Men's Advice Helpline
0808 8010 327
Samaritans
08457 909090
Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305
Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

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Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



মে হাফ টার্মে শিশুদের জন্যে নানা আয়োজন

মে হাফ টার্মের ছুটির দিনগুলো শিশুদের জন্যে চমতকার উপভোগ্য করে তুলতে কাউন্সিল নানা কর্মসূচির আয়োজন করেছে। ২৫ মে সোমবার থেকে ভিক্টোরিয়া পার্কে শুরু হচ্ছে এসব আয়োজন। বিস্তারিত জেনে নিন এই পৃষ্ঠায় প্রকাশিত সংবাদ থেকে:

HALF-TERM ACTIVITIES

Harmony

Musharixiinta doorashada ayaa lagu dhawaaqay

Candidates announced for elections – see issue 1060

WAXA lagu dhawaaqay musharixiinta u sharaxan jagada duqa degmada Tower Hamlets iyo xildhibaanimada xaafada Stepney Green doorashada dhacaysa 11ka Juun.

Codbixiyayaashu waxay haystaan fursad ay ku doortaan qofka ay doonayaan inuu noqdo duqa cusub ee Tower Hamlets iyo xildhibaananka ay doonayaan inuu kasoo baxo Stepney Green.

Qofka loo doorto duqa degmadu wuxu hogaaminayaa degmada, wuxuna gaadhayaa go,aano fulineed oo ku saabsan adeegyada kala duwan ee councilka, isagoo metelaya waxay faa,iido ugu jirto degmada iyo dadka degan illaa 2018ka.

Doorashada duqa degmada

DOORASHADA duqa degmada, codbixiye kastaa wuxu xulashadiisa koowaad ku xulanayaa hal musharax, xulashadiisa labaadna musharax kale.

Tirinta codaynta duqa degmadu waxay bilaabmayasaa Khamiista 11ka Juun, waxayna ka dambaynaysaa marka codbixintu xidhanto 10ka habeenimo.

Haddii mid ka mid ah musharixiinta uu helo 50% xulashada koowaad ee codbixiyayaasha, isaga ayaa markaa waxa loo dooranayaa duqa degmada.

Haddii uu jiri waayo mid ka mid ah musharixiinta oo helay in kabadan nus xulashada koowaad ee codbixiyayaasha, labada musharax ee hela codka ugu badan xulashada koowaad ee musharixiinta ayaa loollanka kusii jiraya, mushar-

ixiinta kale oo dhamina tartanka way ka baxayaan.

Dabadeed, Xulashada labaad ee codbixiyayaasha ee warqadaha cobixinta ee musharixinta loollanka ka hadhay ayaa la tirinayaa.

Meesha ay jirto codbixin ay leeyihiin labada musharax ee tartanka kusii jiraa ayaa waxa lagu darayaa codadka ay ka heleen xulashada koowaad.

Musharaxa hela codadka ugu badan ee xulashada koowaad iyo labaad marka laysku daro ayaa loo aqoonsanayaa inuu noqdo duqa Tower Hamlets.

Isla markiiba marka si uu si rasmi ah ugu dhawaaqo sarkaalka doorashadu, natiijada waxa lagu soo bandhigayaa websiteka councilka, waxana lagu dhejinayaa sabuuradda ogeysiska lagu dhejiyo ee Town Hall in Mulberry Place.

Cid kale hasiin codkaaga!

WAA muhiim inaanad cidkale u ogolaan codkaaga ama culays kugu saarin inaad dariiq gaar ah u codayso.

Haddaad tagto goobta codbixinta, waa inaad waraaqda codbixinta ka qaadato karaaniga, tagto teendhada codbixinta, codkaagana u dhiibato si qarsoodi ah.

Ha u ogolaan in cid kale taa-bato waraaqda aad ku codaynayso, ama qof qaangaadh ihi kuu raaco teendhada codbixinta.

Haddii aad boosta codbixintaada ku soo dirayso, waa inaad hubiso inaad adigu buuxiso waraaqaha aad codbixinta ku dirayso, ku rido galka lagu soo diyaariyey, boostana aad ku dirto.

Waa inaanad ogolaan inay cid adiga ku meteleysaa buuxiso

waraaqda aad codbixinta ku dirayso.

Waa inaad hubiso inaad saxeeexo dukumeentiga codbixinta aad boosta kusoo dirayso, maaha khasab inuu saxeexaagu noqdo ingiriisi, laakiin waa inaad hubiso inuu la mid noqdo saxeexa arjiga codbixinta boosta iyo qoraalka waraaqda codbixinta, si codbixintaada loo tiriyo.

Qofkii qaata warqadda codbixinta oo qof kale leeyahay waxaa dhici karta in dembi lagu qaado.

Councilku wuxu qorsheeyey inuu joojiyo khayaanada

DOORASHADA duqa Tower Hamlets waxay maraysaa habka ugu adag marka la eego London gudaheeda, si loo joojiyo khayaanada doorashaduna u noqoto mida ugu nadiifsan uguna adag waddanka.

Maamulka doorashadu waxay qorsheeyeen inay dhacdo doorasho xor ah oo cadaalad ahi, waxayna diyaariyeen nidaam doorasho oo la rumaysan karo, waxayna ku wargeliyeen wakaalada ugu muhiimsan ee la shaqaynaya doorashada dhacaysa.

Maamulku wuxu si cad u sheegay booliiska iyo councilku waxay doorashada dhacaysa u qaadanayaan si dhab ah, waxayna u baadhayaan dhamaan dacwadaha sharciga ku lidka ah si adag, dhakhso ah isla markaana dhamaystiran.

Haddaad ka walwasho in codkaaga la khiyaaneeyo, wac booliiska lamarka 101 ama email vote@towerhamlets.gov.uk

liiska musharixiinta oo dhamays tiran waxaad ka heli kartaa, Eastend life soo baxday usbuucii lasoo dhaafay.



রিসাইক্লিং ট্রেজার হান্টের তিন আয়োজন মে হাফ টার্মে

Find clues to the importance of recycling – see issue 1060

রিসাইক্লিংয়ের গুরুত্ব সম্পর্কে শিশুদের সচেতন করতে চলতি মে মাসের হাফ টার্মে টাওয়ার হ্যামলেটসের তিনটি স্থানে রোমাঞ্চকর ট্রেজার হান্ট কর্মসূচির আয়োজন করেছে কাউন্সিলের ওয়েস্ট কন্ট্রাস্টর ভিলিয়া।

রিসাইকল করা পিঙ্ক কালারের বিন ও ফেলে দেয়া খাবার দিয়ে তৈরী মিনি রোবট আরপ্রি সাইক্লারের রিসাইক্লিং থিম ভিত্তিক এই তিন ট্রেজার হান্টে অংশ নেয়ার জন্যে বারার শিশুদের আমন্ত্রণ জানানো হয়েছে।

প্রথম ট্রেজার হান্ট অনুষ্ঠিত হবে উইভার্স ফিল্ডে ২৭ মে বুধবার। দ্বিতীয়টি হবে শুক্রবার ২৯ মে মাইল এন্ড পার্কে এবং শেষটি হতে যাচ্ছে

শনিবার ৩০ মে ল্যাংডন পার্কে সেদিন ওই পার্কে আয়োজিত ফ্যামিলি ফান ডে-র অংশ হিসেবে।

সবকটি ট্রেজার হান্ট কর্মসূচির সময় বেলা ১১টা থেকে বিকাল ৩টা পর্যন্ত।

অংশগ্রহণকারী সকল শিশুকে পার্কের নানা স্থানে লুকিয়ে রাখা সাতটি সাইন খুঁজে বের করতে হবে। রোবট ও প্রকৃতি-ভিত্তিক নানা সামগ্রীসহ একটি ফ্রি গুডি ব্যাগ পেতে হলে তাদেরকে একটি জয়-সূচক শব্দ মিলিয়ে নিতে হবে খুঁজে বের করা সাইনগুলো দিয়ে।

হাফ টার্মে শিশুদের জন্যে কাউন্সিলের নানা আয়োজন

Fun activities for kids this half-term – see issue 1060

মে হাফ টার্মের ছুটির দিনগুলো শিশুদের জন্যে উপভোগ্য করতে টাওয়ার হ্যামলেটস কাউন্সিল নানা কর্মসূচির আয়োজন করেছে। ভিক্টোরিয়া পার্কে আয়োজিত সপ্তাহব্যাপি এই কর্মসূচিগুলো হচ্ছে: ২৫ মে সোমবার বেলা ১২টা-বিকাল ৩টা: মডেল বোটিং লেইকে ক্যানোয়িং (বৈঠা দিয়ে ছোট নৌকা বাওয়া)। ২৬ মে মঙ্গলবার বেলা ১২টা-বিকাল ৩টা: ইস্ট লেইকে মাছ ধরার কায়দা-কানুন রঙ করা। ২৭ মে বুধবার: জাতীয় ওয়াইল্ডলাইফ চ্যারিটি সংগঠন গুগলআইফ-এর সাথে যৌথভাবে অনুষ্ঠিত হবে উভচর (এম-ফবিয়ান) ফান ডে: কর্মসূচি: জল ও স্থল-দুই স্থানেই বাস করে এমন প্রাণির খোঁজ করা, আর্টস এন্ড ক্রাফটস এবং ফেইস পেইন্টিং। ২৭ মে বৃহস্পতিবার: স্প্যাশ পুলের উদ্বোধন। ২৮ মে শুক্রবার: মডেল বোটিং লেইকে ছোট নৌকা চালানোর অভিজ্ঞতা অর্জনের সুযোগ।

ক্যানোয়িং ও ফিশিংয়ে টেস্টার ডে-র জন্যে আগে বুকিংয়ের জন্যে যোগাযোগ: ০২০৭ ৩৬৪ ৪৫০৪। এ বিষয়ে আরও তথ্যের জন্যে ভিজিট করুন: www.towerhamlets.gov.uk/victoriapark অথবা www.facebook.com/victoriaparklondon

এদিকে, টাওয়ার হ্যামলেটস কাউন্সিলের আর্টস এন্ড ইভেন্টস টিম ২৬ মে মঙ্গলবার ও ২৭ মে বুধবার ক্রিয়েট ইট! শিরোনামে দুটি ওয়ার্কশপের আয়োজন করছে যৌথভাবে থিয়েটার রয়্যাল স্ট্র্যাটফোর্ড ইস্ট ও রোজক্রুফোর্ড কলেজের সাথে। দুপুর ২টা-বিকাল ৫টা পর্যন্ত হোয়াইটচ্যাপেলে অবস্থিত ব্রডি সেন্টারে। ১৩ থেকে ১৯ বছর বয়সী শিশু, যাদের নাটক, স্টেজ ডিজাইন বা টেকনিক্যাল থিয়েটারের বিষয়ে আগ্রহ রয়েছে, তারা এতে অংশ নিতে পারবে।

এই ওয়ার্কশপ থেকে প্রাপ্ত অভিজ্ঞতার প্রেক্ষিতে আগামী ৩ আগস্ট থেকে ৮ আগস্ট পর্যন্ত সামার স্কুলের আওতায় থিয়েটার রয়্যাল স্ট্র্যাটফোর্ড ইস্ট নাটকের মঞ্চায়ন হবে।

এতে অংশ নিতে আগ্রহীরা বুকিংয়ের জন্যে ফোন করুন: জেরালডাইন বোন-০২০ ৭৩৬৪ ৭৯১১ বা এজন্যে ইমেইল করুন: geraldine.bone@towerhamlets.gov.uk

শিশুদের জন্যে খ্যাতনামা লেখক জুলিয়া ডোনালডসনের প্রতি শ্রদ্ধা জানাতে আইডিয়া স্টোরের অনুষ্ঠান হচ্ছে: ২৬ মে মঙ্গলবার দুপুর ২.৩০-বিকাল ৩.৩০: ওয়াটনি মার্কেট আইডিয়া স্টোরে দি গ্রাফেলো এবং ২৭ মে বুধবার বেলা ১১.১৫-দুপুর ১২টা: ওয়াটনি মার্কেট আইডিয়া স্টোরে স্টোরি টেলিং-দি ফ্রায়িং বাথ

এদিকে, ২৯ মে শুক্রবার বেলা ১১.১৫-দুপুর ১২টা পর্যন্ত ওয়াটনি মার্কেট আইডিয়া স্টোরে হবে স্টোরি টেলিং এবং ফেইস পেইন্টিং। ২৮ মে বৃহস্পতিবার দুপুর ২টা-বিকাল ৩.৩০: ওয়াটনি মার্কেট আইডিয়া স্টোরে হবে শিল্পী ড্যান জোসের সাথে ফ্যামিলি ওয়ার্কশপ। ২৭ মে বুধবার বিকাল ৪টা-বিকাল ৫টা: ক্যানারী ওয়ার্ল্ড আইডিয়া স্টোরে অনুষ্ঠিত হবে আগুনে ড্রাগন ও সাহসী নাইটবুন্দ।

আইডিয়া স্টোর ও লাইব্রেরীগুলোতে হাফ টার্মে আয়োজিত সকল ইভেন্ট সম্পর্কে জানতে ভিজিট করুন: www.towerhamlets.gov.uk/ideastore।

মাইলএন্ড পার্কের বারডেট রোডে বিএমএক্স ট্র্যাকের সাইক্লিং সেশনে যোগ দিতে পারবে ৫ থেকে ১৬ বছর বয়সীরা। এটি হবে ২৬ মে মঙ্গলবার থেকে ২৯ মে শুক্রবার পর্যন্ত। বয়স-ভিত্তিক সেশনসূচি: সকাল ৯.৩০: ৫-৭ বছর; বেলা ১১টা: ৮-১০ বছর; দুপুর ১২.৪৫: ১১-১৬ বছর এবং দুপুর ২.১৫: ১১ বা তার বেশি বয়সী শুধুমাত্র মেয়েদের জন্যে সেশন।

এতে আসন সীমিত, তাই এডভান্স বুকিং করতে হবে। এজন্যে, কল করুন: ০২০ ৭৩৬৪ ২৪৩৩। খেলাধুলার আরও নানা সুযোগ সম্পর্কে জানতে ভিজিট করুন: www.towerhamlets.gov.uk/sports



১১ জুন টাওয়ার হ্যামলেটসে নির্বাচন

মেয়র পদে প্রতিদ্বন্দ্বিতা করছেন ১০ জন প্রার্থী। স্টেপনী গ্রীন ওয়ার্ডে কাউন্সিলার পদের উপ-নির্বাচনে অংশ নিচ্ছেন ৭ জন। গোপনীয়তা বজায় রেখে ভোট দেয়ার আহবান। প্রতারণা রোধে কাউন্সিলের নেয়া ব্যবস্থা লন্ডনের মধ্যে সবচেয়ে কঠোর। বিস্তারিত নিচের সংবাদে:

ELECTION CANDIDATES ANNOUNCED

Harmony

১১ জুনের নির্বাচনে মেয়র প্রার্থী ১০ ৭ প্রার্থী স্টেপনী গ্রীন উপনির্বাচনে

Candidates announced for mayor and Stepney Green elections – issue 1060

আগামি ১১ জুন টাওয়ার হ্যামলেটসের মেয়র পদের নির্বাচন অনুষ্ঠিত হতে যাচ্ছে। একই দিন অনুষ্ঠিত হবে স্টেপনী গ্রীন ওয়ার্ড কাউন্সিলার পদের উপনির্বাচন।

মেয়র নির্বাচনের ভোট পদ্ধতি

মেয়র নির্বাচনে একজন ভোটার একজন প্রার্থীর পক্ষে ফার্স্ট চয়েস ভোট দিতে পারবেন এবং সেকেন্ড চয়েস হিসেবে ভোট দিতে পারবেন অন্য আরেকজন প্রার্থীকে। রাত ১০টায় ভোট গ্রহণ শেষ হওয়ার পর মেয়র নির্বাচনে প্রদত্ত ভোট গণনা শুরু হবে।

কোন প্রার্থী ফার্স্ট চয়েস ভোটের শতকরা ৫০ ভাগের বেশি ভোট পেলে তিনি টাওয়ার হ্যামলেটসের মেয়র পদে নির্বাচিত হবেন। কিন্তু কোন প্রার্থী ফার্স্ট চয়েস ভোটের ৫০ শতাংশের বেশি ভোট না পেলে এই ভোটে যাঁদের অবস্থান প্রথম দুটি স্থানে, প্রতিদ্বন্দ্বিতায় থাকবেন শুধুমাত্র তাঁরা, অন্য প্রার্থীরা প্রতিদ্বন্দ্বিতাবাহী-ইরে চলে যাবেন।

এরপর প্রতিদ্বন্দ্বিতা থেকে ড্রপ আউট হওয়া সব প্রার্থীর সেকেন্ড চয়েস ভোট গণনা করা হবে। প্রতিদ্বন্দ্বিতায় থেকে যাওয়া দুই প্রার্থীর পক্ষে সেকেন্ড চয়েস ভোট যতো পড়বে, সেগুলো তাঁদের ফার্স্ট চয়েস ভোটের সাথে যোগ করা হবে।

ফার্স্ট ও সেকেন্ড চয়েস ভোট মিলিয়ে ওই দুই প্রার্থীর যিনি সবচেয়ে বেশি ভোট পাবেন, তাঁকে টাওয়ার হ্যামলেটসের পরবর্তী মেয়র হিসেবে নির্বাচিত ঘোষণা করা হবে।

রিটার্নিং অফিসার নির্বাচনের আনুষ্ঠানিক ফল



ঘোষণার পরপরই তা কাউন্সিলের ওয়েবসাইটে প্রকাশ করা হবে এবং টানিয়ে দেয়া হবে মালবেরী প্লেসে টাউন হলের নোটিশ বোর্ডে।

ভোট অন্যের হাতে দেবেন না

আপনি যদি কোন পোলিং স্টেশনে ভোট দিতে যান, তাহলে পোলিং ক্লার্কের কাছ থেকে আপনার ব্যালট পেপার নিয়ে একটি পোলিং বুথে গিয়ে গোপনীয়তা বজায় রেখে আপনার ভোট প্রদান করুন। আপনার ব্যালট পেপার আর কাউকে দেবেন না, পোলিং বুথে আপনার সাথে প্রাপ্তবয়স্ক অন্য কেউ যাওয়ার কথাও নয়।

আপনি পোস্টাল ভোটার হলে ব্যালট পেপার এবং পোস্টাল ভোটিং প্যাক নিজেই পূরণ করুন এবং প্যাকের সাথে দেয়া এনভেলোপে প্রয়োজনীয় সব ডকুমেন্ট দিয়ে তা পোস্ট করে দিন।

আপনার পক্ষে পূরণ করার জন্যে আপনার ব্যালট পেপার ও পোস্টাল ভোটিং প্যাক কোন

মেয়র পদে প্রতিদ্বন্দ্বি ১০ প্রার্থী:
There are ten candidates standing for election as mayor of Tower Hamlets
এলেইন ব্যাগশ (লিবারেল ডেমোক্র্যাটস); জন বিগস (লেবার পার্টি); এন্ডি এরলাম (রেড ফ্ল্যাগ-এন্টি করাপশন); জন ফস্টার (গ্রীন পার্টি); পিটার গোলডস (দি কনসারভেটিভ পার্টি ক্যানডিডেট); ভেনেসা হেলেন হাডসন (এনিমেল ওয়েলফেয়ার পার্টি); হাফিজ আব্দুল কাদির (ইন্ডিপেন্ডেন্ট); রাবিনা খান (ইন্ডিপেন্ডেন্ট); নিকোলাস ম্যাককুইন (ইউকেআইপি) এবং মো: মতিউর রহমান নানু (ইন্ডিপেন্ডেন্ট)।

স্টেপনী গ্রীন ওয়ার্ডে কাউন্সিলার পদের উপনির্বাচনে ৭ প্রার্থী:
There are seven candidates standing for election as councillor for the Stepney Green ward
সারিনা আকতার (লেবার পার্টি); সফিউল আজম (দি কনসারভেটিভ পার্টি ক্যানডিডেট); ক্রিস্টিনা চেস্টনাট (গ্রীন পার্টি); আবু তালহা চৌধুরী (ইন্ডিপেন্ডেন্ট); উইল ডায়ার (লিবারেল ডেমোক্র্যাটস); জেসি ম্যাকলীল-ব্রাউন (সামথিং নিউ) এবং পল শী (ইউকেআইপি)।

অবস্থাতেই আর কারও হাতে দেবেন না। পোস্টাল ভোটের সব ডকুমেন্টে আপনার স্বাভাবিক স্বাক্ষর দেবেন, স্বাক্ষর ইংরেজিতেই হতে হবে, তা নয়। কিন্তু আপনাকে এটা নিশ্চিত করতে হবে যে, পোস্টাল ভোটের জন্যে আপনার এপ্রিকেশন ও ব্যালট পেপার ফেরত পাঠানোর সময় যে স্টেটমেন্ট সাথে দিচ্ছেন, তার দুটিতেই আপনার স্বাক্ষর একই রকম। তা না হলে আপনার ভোট গণনায় ধরা হবে না।

অন্য কারও ব্যালট পেপার নিয়ে নেয়া অপরাধ হিসেবে বিবেচিত হতে পারে।

প্রতারণা রোধে কঠোর ব্যবস্থা

টাওয়ার হ্যামলেটসের মেয়র নির্বাচনে প্রতারণা মূলক কর্মকাণ্ড রোধে নেয়া ব্যবস্থা পুরো লন্ডনের মধ্যে কঠোরতম এবং গোটা দেশের মধ্যে সবচেয়ে কঠোর ব্যবস্থাসমূহের অন্যতম।

রোজার আগেই তামাক ছাড়ুন-ক্যাম্পেইন শুরু

Quit tobacco for Ramadan... and for life – see page 5

পবিত্র রমজান মাস শুরুর আগেই তামাক সেবনের অভ্যাস ছাড়ার আহবান জানিয়ে ক্যাম্পেইন চলছে এখন। আগামি ১৮ জুন থেকে পবিত্র রমজান মাস শুরু-এটি হিসেব করে রমজানের দেড় মাস আগেই এর সূচনা, যেন রোজা শুরুর আগেই তামাক সেবনের অভ্যাস ছেড়ে দিতে সক্ষম হন অগ্রহী মুসলমানরা।

ধূমপান ও তামাকপাতা চিবানোর অভ্যাস ত্যাগে বিশেষজ্ঞ পরামর্শ পেতে নিচের যে কোন একটি লোকেশনে যোগাযোগ করুন:

মঙ্গলবার ২৬ মে, বুধবার ২৭ মে ও বৃহ-ষপতিবার ২৮ মে সকাল ১০টা-বিকাল ৪টা: উইথ ক্যানসার রিসার্চ ইউকে, ওয়াটনী মাকে-

ট, ই১ ২পিআর। শুক্রবার ২৯ মে দুপুর ১২.৩০-দুপুর ২.৩০: ফোর্ড ক্লোয়ার মসজিদ, ১৬ ফোর্ড ক্লোয়ার, ই১ ২এইচএস। বুধবার ১০ জুন সকাল ১০টা-বিকাল ৪টা: উইথ ক্যানসার রিসার্চ ইউকে, আসদা, আইল অব ডগস, ১৫১ ইস্ট ফেরী রোড, ই১৪ ৩বিটি। প্রতি মঙ্গলবার নিয়মিত সেশন দুপুর ১২.৩০-দুপুর ২.৩০: দারুল উম্মাহ মসজিদ, ৫৬ বিগল্যান্ড স্ট্রিট, ই১ ২এনডি প্রতি বুধবার নিয়মিত সেশন দুপুর ১২.৩০-দুপুর ২.৩০: ব্রিক লেইন মসজিদ প্রতি বৃহস্পতিবার নিয়মিত সেশন বেলা ১.০০-বিকাল ৩.০০: ইস্ট লন্ডন মসজিদ প্রতি শুক্রবার নিয়মিত সেশন বেলা ১.০০-বিকাল

৩.০০: ব্রিক লেইন মসজিদ।
বিএমই স্টপ টোবাকো প্রজেক্টের মহিলা বা পুরুষ কর্মীর পরামর্শ নিতে ফোন করুন: ০২০ ৭৮৮২ ৮৬৬৯ (মহিলা) বা ০২০ ৭৮৮২ ৮৬৬০ (পুরুষ)।
স্টপ স্মোকিং সার্ভিস সম্পর্কে জানতে ভিজিট করুন: www.towerhamlets.gov.uk/stopsmoking
ক্যানসারের ঝুঁকি কমানো ও শুরুতেই কি করে তা সনাক্ত করা সম্ভব, সে বিষয়ে এবং রোড শো সম্পর্কে আরও জানতে ভিজিট করুন: www.cancerawarenessroadshow.org.uk

ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

News in brief

লিভারকে ভালোবাসুন,
অকালমৃত্যু থেকে বেঁচে থাকুন

লিভারে রোগ বাসা বেঁধেছে কিনা, সে সম্পর্কে আগে আগে জেনে নিয়ে তার প্রতিকারে প্রয়োজনীয় চিকিৎসা নিতে পারলে তুলনামূলকভাবে কম বয়সে মৃত্যুর কোলে ঢলে পড়ার হাত থেকে রেহাই পাওয়া সম্ভব। ব্রিটিশ লিভার ট্রাস্ট এ বিষয়ে সাধারণ মানুষ আর সরকার-উভয়েরই ব্যাপক সচেতনতা-সহায়তা চায় আর এ কারণে তারা লাভ ইওর লিভার- ক্যাম্পেইন পরিচালনা করে আসছে নিয়মিতভাবে।

চলতি বছর ট্রাস্টের চতুর্থ বারের এই ক্যাম্পেইনের প্রতি সমর্থন জানিয়েছে টাওয়ার হ্যামলেটস কাউন্সিল। ক্যাম্পেইনের অংশ হিসেবে টাওয়ার হ্যামলেটসের বাসিন্দাদের জন্যে ফ্রি লিভার ক্রিনিংয়ের আয়োজন করা হয়েছে আগামি ২৬ মে মঙ্গলবার। হোয়াইটচ্যাপেল আইডিয়া স্টোরে এদিন সকাল ১০টা থেকে বিকাল ৪টা পর্যন্ত পরিচালিত হবে লিভার হেলথ ক্রিনিক, স্থানীয় বাসিন্দারা সেখানে তাদের লিভার ক্রিনিং করিয়ে নিতে পারবেন যেটি পরিচালনা করবেন রয়্যাল লন্ডন হাসপাতালের ক্রিনিশিয়ানরা। ক্রিনিংয়ের রেজাল্ট দেয়া হবে একই দিনে।
উল্লেখ্য, লিভারের নানা রোগে মৃত্যুর হার গত ৪০ বছরে বেড়েছে শতকরা ৪০০ ভাগ।

ব্রিটিশ লিভার ট্রাস্টের এই ক্যাম্পেইনটির মূল লক্ষ্য হচ্ছে, লিভারের রোগে মৃত্যুর হার এমন অস্বাভাবিক হারে বেড়ে যাওয়ার প্রতি সকলের দৃষ্টি আকর্ষণ, লিভার হেলথের বিষয়ে জনসচেতনতা আরও বাড়ানো এবং সবার জন্যে লিভার হেলথ ক্রিনিংয়ের আয়োজনে সরকারের পক্ষ থেকে আরও বেশি সহায়তা নিশ্চিত করা।

মার্কেট ট্রেডার হতে চাইলে ..

দৈনিক মাত্র ১০ পাউন্ড দিয়ে টাওয়ার হ্যামলেটসে একজন মার্কেট ট্রেডার হওয়ার একটি সুযোগ দেয়া হচ্ছে বারার বাসিন্দাদের।
১৩ মে থেকে ২৭ মে পর্যন্ত দু সপ্তাহব্যাপি লাভ ইওর লোকাল মার্কেট ইভেন্টের আওতায় বারার বাসিন্দারা এই সুযোগ পাচ্ছেন।

সোমবার থেকে শনিবার পর্যন্ত ক্রিস্প স্ট্রিট, রোমান রোড, রোমান রোড স্কোয়ার ও বেথনাল গ্রীন রোড মার্কেটে দৈনিক মাত্র ১০ পাউন্ডের বিনিময়ে মার্কেট ট্রেডারের অভিজ্ঞতা অর্জনের সুযোগ পাওয়া যাবে।

এছাড়া, চেশায়ার স্ট্রিট, ফ্লেটার স্ট্রিট, বেকন স্ট্রিট ও পেটিকোট লেইনের সানডে মার্কেটেও পাওয়া যাবে এই সুযোগ।

■ The above stories are: love your liver – page 11; could you be a market trader?

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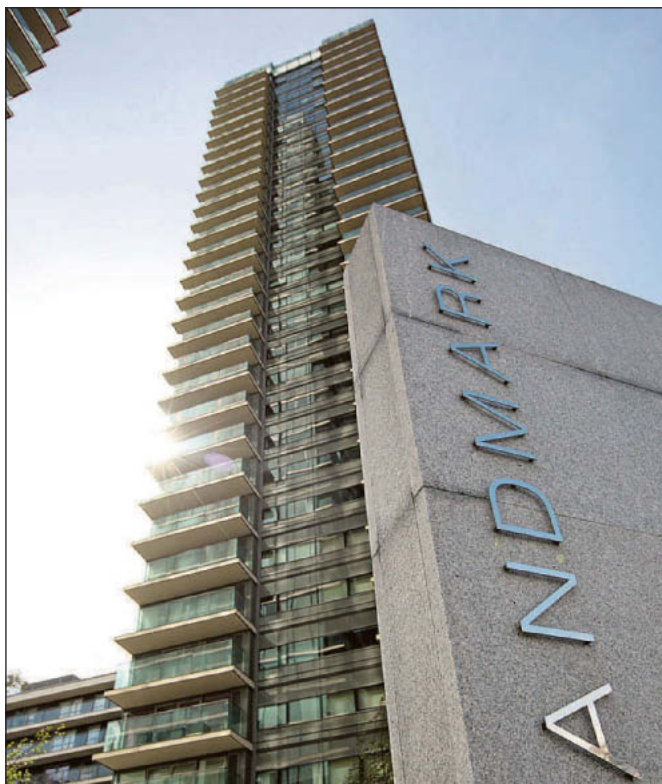
25 – 31 MAY 2015

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

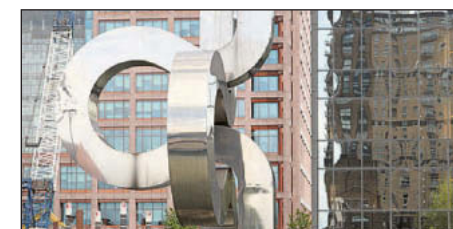
17



Above: DLR trains. Below: Wood Wharf. Below right: Wharfers on the footbridge



Landmark is a two-tower residential development



Top: new builds. Above left: Spirit of Enterprise

Walk of the Month: Millwall skylines

Count the cranes to gauge the changes

Graham Barker leads you on a fascinating trip, taking in the ever-evolving landscape around Millwall. Photos by **Kois Miah**

A CENTURY ago, you'd have seen ships' masts, warehouses and food factories in Millwall.

These days, the landscape is dominated by tower blocks – residential developments, hotels and offices are sprouting up and soaring to the skies. It's an interesting time to visit; count the cranes to gauge how much it's changing.

From South Quay DLR station, cross Marsh Wall – take care, it can be busy – and skirt beside the dock channel. The view soon opens out across South Dock (1); to the right, you'll spot the blue bridge, Emirates Air Line cable car and O2 Arena. The cranes opposite mark out Wood Wharf – a 30-acre waterside plot that's currently being developed into a new 'urban quarter', including 3,600 homes.

Continue left along the dockside. Thames barges and luxury yachts moor here from time to time, in the shadow of the glass and steel skyscrapers at Canary Wharf.

Soon the walkway is enveloped in greenery, as you stroll between olive trees and lush climbers along the frontage of Haze Turkish restaurant.

Ahead, office workers and shoppers clip-clop over the metal treads of the suspension footbridge, arcing gently upwards on their way over the dock. Closer to hand, Admirals Way is home to dentists' surgeries, physio clinics and property agents.

As you reach the end of the dockside – beyond the DLR viaduct, and the occasional grebe or cormorant – your path turns left to Marsh Wall. Here you'll see two hotels: the waterside International is long established, and, opposite, a Novotel is currently a work in progress.

Around the curve, there are two sculptures to spot. To the right, rising out of South Dock, is the Spirit of Enterprise (2), created by Wendy Taylor for the London Docklands Development Corporation – the sinuous, steel intertwinings spells out LDDC, as well as depicting the Isle of Dogs riverscape. Opposite, you'll find a frantic whirlpool in a see-through cylinder, signalling your arrival at The Landmark (3), a two-tower residential development.

From the sloping plaza, beside blossoming trees, veer right beside a playground, undulating out towards Westferry Road. Around the corner, the red-brick former impounding station was built by the Port of London Authority in 1926 to pump and regulate water levels when the river entrance to South Dock was dammed.

Follow the Thames Path sign out to the river; the lock chamber here was once the entrance to the City Canal,

a short-lived waterway spanning the Isle of Dogs that was later subsumed into South Dock.

An info-board beside the Thames provides other historical snippets: Millwall takes its name from a row of windmills that once stood on this embankment, and Cascades occupies the footprint of Morton's canning factory, illustrated with a delightfully evocative photo of jam-makers.

Completed in 1988, Cascades (4) was a pioneering new development – the first residential high-rise block hereabouts, designed by Piers Gough at CZWG with nautical allusions, such as porthole windows, crow's nest balconies, and funnels on the roofline.

From the Thames Path, there is much to see on the horizon: the spiky crown at Dundee



Wooden animal sculptures in Seven Mills Playground



Wharf, Royal London Hospital, and City skyscrapers offset against the Rotherhithe riverbank.

Nearer to hand, you'll stroll past cantilevered, copper-clad penthouses at Millennium Wharf and Seacon Wharf (5), a slender tower boldly showing its steel frame in ox-blood red.

A plaque on the river wall records a wartime tragedy: on March 19, 1941, a bomb hit Bullivant's Wharf air aid shelter, with more than 100 people killed or injured.

The pathway opens out into Sir John McDougall Gardens (6) – laid out in 1968 and named after a member of the flour-milling family who became chairman of London County Council. Flanked by the Thames and ringed by trees, it's a welcome dash of greenery.

Rising along the south side is New Atlas Wharf – a honeycomb of brick and metal-



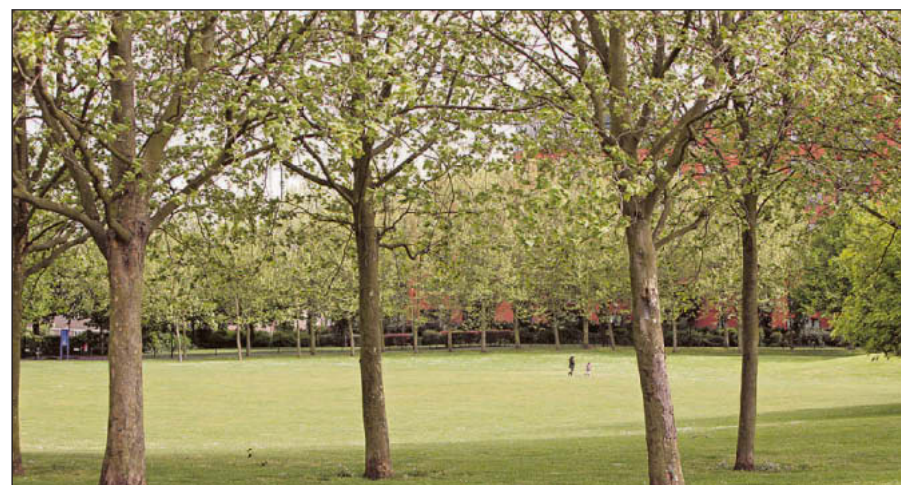
prise. Above right: Landmark's whirlpool



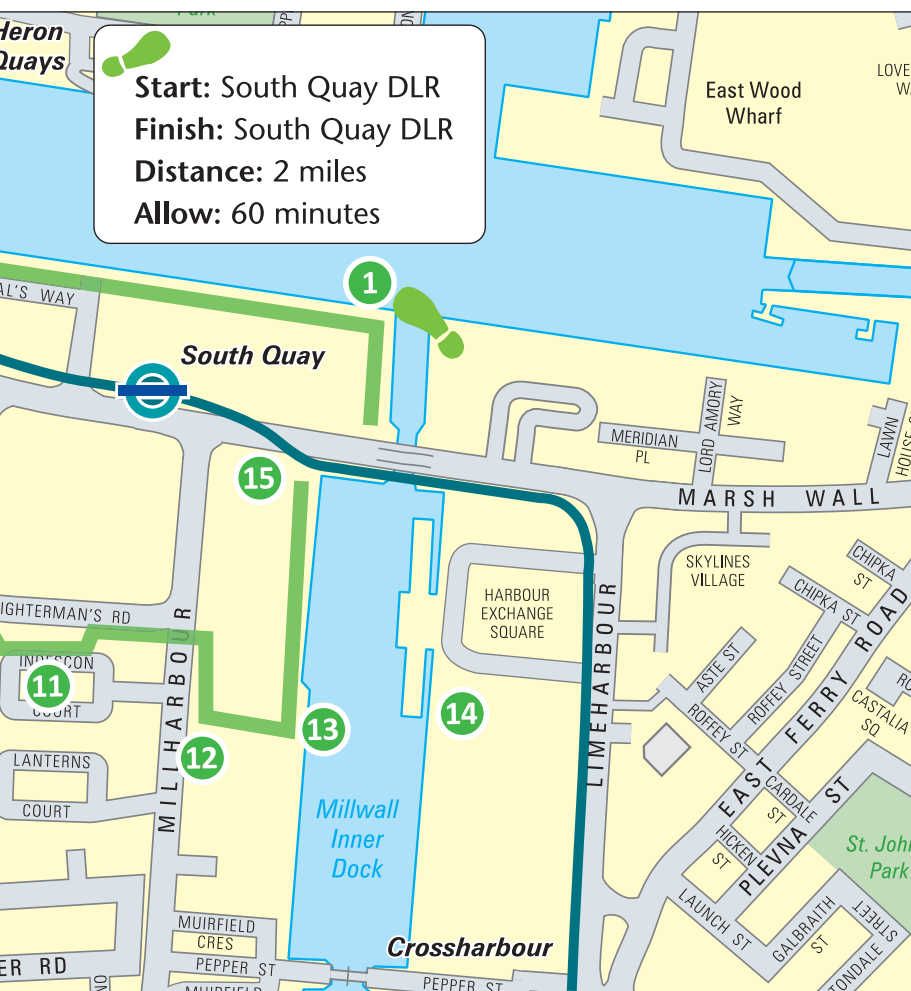
Cascades was the first in a new wave of high-rise blocks



The view to the City of London is spectacular



Sir John McDougall Gardens is a green oasis



The stone column in the courtyard of St Hubert's House



Millwall Dock is a vast body of water



Lotus Chinese restaurant floats on Millwall Dock

clad flats, with a wavy skyline – and the two playgrounds buzz with children's chatter.

After exploring, leave the park along the white footbridge, running beside the climbing frames and slides. It rises over Westferry Road, and zig-zags down towards the Barkantine Estate (7), dominated by four point blocks, completed in 1970.

Veer left through the shopping parade. The Quarterdeck has been landscaped with trees and curvaceous lawns, and a menagerie of carved wooden animals greets you at Seven Mills playground, beside the school.

Beyond the playground, continue to Alpha Grove, where the Victorian Wesleyan chapel has been converted into a community centre (8), offering a youth club, theatre school, yoga and language classes.

Turn right along Alpha Grove. Running the full length of Janet Street, 1930s St Hubert's House (9) was built for the Isle of Dogs

Housing Society. St Hubert is the patron saint of hunters – look out for a stone column topped by a pair of stags in the courtyard.

Retrace a few steps, and follow the wide path beside the emergency access gate towards Larson Walk. You're surrounded by housing developments – some established, others still being built. At the top end of Casilis Road, City Gateway (10) – a charity focused on training disadvantaged young people – runs a cluster of enterprises, including a gym, beauty school and the Kitchen 32 café.

You might like to divert right to sneak a peek at Indescon Square (11). This landscaped square is framed by new blocks – high-rise living, clad in a dazzling selection of geometric patterns and metallic bands.

At Millharbour, the Lantern Theatre is a performance venue and school of performing arts. Take the alleyway alongside Abil-ity Place (12) – a patchwork apartment

block of blue, orange and pale brown – and you emerge at Millwall Dock.

Opened in 1868, Millwall Dock (13) is a vast body of water, shaped like an inverted L and spanned by Crossharbour bridge.

The area where you're now standing was once the site of a huge granary, which used an innovative pneumatic system – rather like a series of elephant trunks – to siphon grain quickly out of ships' holds.

There are views across the water to the floating Lotus Chinese restaurant, and Baltimore Tower (14), a 45-storey whirlwind of a building currently being constructed.

Follow the dockside past the Design Cube, and towards the two Pan Peninsula (15) towers – at night, illuminated with vivid lighting strips – and you're back at South Quay station, the end of your walk.

A musical influence

Called the “punk poet laureate”, Patti Smith’s 1975 debut album influenced the New York punk rock movement.



Capturing history on film

Christina Broom was appointed official photographer to the Household Division from 1904 to 1939 and had a darkroom in the Chelsea Barracks. She also took photographs of local scenes.

Out & about guide

What’s on where this week

Social

Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm
50 Saltwell Street, E14.

3 Bees Café

Healthy vegetarian and fish dishes, served for £3. Takeaways available. Tuesdays, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3. 07501 468 193

Golden Ladies

Pensioners group with bingo and social activities. Thursdays, doors open 12noon. Bingo 2-4pm. Globe Town Community Centre, Bullards Place, E2. 07939 965141

Little Spitz’ under-5s playgroup

Weds, 10am-12noon, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

Tower Hamlets U3A

Tower Hamlets University of the Third Age offer courses for over-50s to learn tai chi, jazz appreciation, art appreciation, history walking and more. £10 yearly membership. Various days and times. St Margaret’s House Settlement, 21 Old Ford Road, E2. 7247 4283



Field Day Festival

Since 2007 Field Day has featured some of the world’s finest alternative acts. The bill regularly incorporates everything from weird pop and indie up-and-comers to underground dance producers and folk musicians. So far, the 2015 line-up is cracking. Recently reunited shoegaze legends Ride headline on Sunday, with iconic punk poet Patti Smith (pictured) playing the whole of her classic album ‘Horses’ beforehand and more guitar-bending action by Mac DeMarco, Savages, Hookworms, Diiv and Ducktails. Electropop maestro Caribou tops the bill on Saturday, leading a host of artists including FKA Twigs, Todd Terje, Kindness, Tune-Yards, Chet Faker and Owen Pallett. Sat, June 6 and Sun, June 7, 7am till late. Tickets start at £38.50. www.fielddayfestivals.com

Exhibitions

Christina Broom: Soldiers and Suffragettes

Considered the first female press photographer, Christina Broom took to the Edwardian London streets documenting daily routines and notable events. From First World War soldiers enjoying Christmas lunch to Suffragettes campaigning, her candid approach captured pivotal moments of history. Previously unseen photographs will be brought together for this show.

Jun 19-Nov 10 daily, 10am-6pm. Museum of London Docklands, West India Quay, E14. www.museumoflondon.org.uk

Sophie von Hellermann: After a Fashion – A Play with Fire

New paintings on show at Vilma Gold, Bethnal Green by the Margate-based German artist in her romantic style. Until June 20. Tues to Sat, 11am-6pm. Vilma Gold, 6a Minerva St, E2. www.vilماغold.com

Theatre

Between the notes: Tagore – New Voices and Decreasing Infinity

The work of the Indian subcontinent’s most loved poet is brought to life at Rich Mix in an evening of performances from some of the UK’s finest South Asian dancers. New Voices portrays human and spiritual struggles to find meaning in the chaos of the Universe, while Decreasing Infinity is a cool-sharp abstract piece playing with dynamics of shape and space.

Sun, May 31, 6pm. £10, £8 concs. Rich Mix, 35-47 Bethnal Green Road, E1. www.richmix.org.uk

Dodo’s Dream

Circle of Two, a circus and physical theatre company, presents Dodo’s Dream. A heartbreaking, impossible love story of a mechanical doll and her inventive creator told with elegant acrobatics. Sat, May 30, 2pm. Roof Garden, Crossrail Place, North Dock, Canary Wharf, E14. www.space.org.uk

TOWER HAMLETS COUNCIL Determined School Admission Arrangements 2016/17



The admission arrangements for community schools in Tower Hamlets for the 2016/17 school year have now been determined and can be accessed on the following website: www.towerhamlets.gov.uk/schooladmissions

Please also note that the 2016/17 ‘Starting Primary School in Tower Hamlets’ brochure, including guidance and information on how to apply for a school nursery or reception year place, will be published from September 2015.

The ‘Ready for Secondary School in Tower Hamlets 2016’ brochure, with guidance on transferring to Year 7 at secondary school, will also be published from September 2015.

Each brochure will be available for download from the website or a paper copy can be obtained from the Council’s Pupil Services Team on tel: 020 7364 5006.





Do you know where Wally is?

Where's Wally? is a series of children's books created by English illustrator Martin Handford. Readers are challenged to find Wally hidden in a large group of people.

SEE BELOW

A community event

Shuffle Festival is an annual event in Mile End. The week-long festivities include film, music and much more

WWW.SHUFFLEFESTIVAL.COM

Out & About

Bedtime story is fit for the whole family

DELVING into the magical time before sleep when the imagination can take hold, Upswing is set to encourage visitors to take time out to enjoy a show that combines theatre, circus, dance and 3D animation.

The show at Stratford Circus Arts Centre, from Thursday, May 28, to Saturday, May 30, will see audiences tucked up into beds around the stage with their families and friends for an immersive adventure.

Upswing is directed by founder Vicki Amedume.

Ms Amedume said: "The idea is the audience will watch the show unfold around them in family groups tucked up in bed, being together whilst experiencing an immersive production that touches on risk, loss and the danger of being pulled apart."

Performances on Thursday and Friday start at 2pm. Saturday's shows are at 11.30am and 3pm.

Tickets cost £10 (£8 concs, £30 family).

For more information visit www.stratford-circus.com, or call 0844 3572625.

Film festival needs you!

SUBMISSIONS are now open for the 2015 Shuffle Festival short film prize.

This year's competition will be judged by world-renowned director and local resident Danny Boyle (pictured), with award-winning actor Riz Ahmed, director Kim Longinotto and film critic Peter Bradshaw.

Submissions will be judged across four categories relating to this year's festival theme Movement, Migration and Place. Shortlisted entries will be screened during July and August.

Visit www.shufflefestival.com/short-film-prize to make submissions.



Art collective makes Turner Prize shortlist

BY MELANIE YEA

LOCAL collective Assemble has been named on the shortlist for the Turner Prize 2015, marking the first time an architecture or design studio has been recognised by the UK's most important art award.

Assemble, a team of 18 young architects and designers, was nominated for a series of architecture and public realm projects that vary from a pop-up wooden theatre to a collaborative workplace clad in



colourful tiles and an adventure playground.

The project that secured their inclusion on the shortlist is Granby Four Streets, a collaboration with the residents of a run-down council housing

estate to clean up the neighbourhood, paint empty houses and establish a local market.

The announcement marks the first time that a "collective" has been nominated for the Turner Prize in its 31-year history.

Assemble was founded in 2010, when the team got together to build a temporary cinema in an abandoned petrol station in Clerkenwell.

All recent graduates at the time, they followed it up a year later with a temporary canal-side cinema under a motorway flyover – a project

that cemented the reputation of their studio.

The architects will compete against a trio of females artists – Bonnie Camplin, Janice Kerbel and Nicole Wermers – for the £25,000 prize, which is awarded annually by Tate gallery to a British artist or group under the age of 50.

The winner will be announced in a ceremony in Glasgow on December 7.

Assemble is based at Sugarhouse Studios in Stratford.

Visit www.assemblestudio.co.uk



WHILE Wally has travelled around the world, back in time and into the future, this May half-term he and his friends will be visiting the ArcelorMittal Orbit for the very first time. The team has created a fun-tastic experience with imaginative and interactive workshops, running daily

from 12noon-4pm. The whole family can get involved in a Where's Wally? story trail, dress up in costumes and join in other Where's Wally? inspired games and activities. Children of all ages can take part in the workshops and visitors will be able to book in person on the day from 10am.

As a welcome to all Wally Watchers children and adults alike who come dressed as Wally during half-term will be able to visit the ArcelorMittal Orbit and take part in all the activities for just £1. For information visit www.arcelormittalorbit.com

News in brief

Summer of music

THE Spitalfields Music Summer Festival returns with 15 days of music in an eclectic mix of venues, with new music from exciting artists including composers and performers Emily Hall, Shabaka Hutchings, Mica Levi, Mara Carlyle and Bride Jackson and the Arbour.

From June 2-16 visitors can discover electric stories of love and madness, new music drawn from the sounds of the area, intriguing artists and new experiences. Tickets are £5 and there is 15 per cent off when booking for two or more events.

Visit spitalfieldsmusic.org.uk

Here's to the beers

ON Saturday, June 20, St Margaret's House will be hosting the first annual Bethnal Green Beer Festival.

From 1pm-8pm there will be a variety of drinks from local craft breweries; including Redchurch, Hackney Brewery, Redemption and many more.

There will also be a delicious vegan barbecue, served up by The Gallery Café, with live music and entertainment throughout the day.

Tickets cost £5 plus 50p booking fee, and are available at www.wegotickets.com/event/318878.

Information on St Margaret's House and The Gallery Café can be found at www.stmargarets-house.org.uk

Step back in time

TRANSPORT yourself back to 1885 and be seated for an authentic Victorian lesson, delivered by a rather strict teacher who'll make sure your manners are nothing short of perfection.

On the first Sunday of every month, The Ragged School Museum in Bow is holding a series of open days using its replica classroom, to give visitors an idea of what it would have been like to be a student in the 19th century.

Entry is free but a donation of £2 is suggested for those wanting to take part in a class.

For information visit www.raggedschoolmuseum.org.uk

Family Fun Day

Saturday 30th May 2015

Langdon Park, E14

11am – 4pm

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Eating out, eating in

Succulent steak from its spiritual homeland

BY CHOMPING CHARLIE

MY experience of travelling around Argentina has led me to seek out the best London representations of that country's cuisine.

Nestled among the curry houses of Brick Lane is one such place, Moo Cantina, which offers traditional Argentine dishes served in a relaxed and colourful environment.

Moo Cantina has two other locations in the city in addition to this one – in Pimlico and Middlesex Street.

The beef used in dishes is imported from Argentina and, as anyone who has tried the steak in Buenos Aires will attest to, it makes a big difference.

To complement the succulent cuts, the wine is Argentine Malbec or Chilean and the beer is Quilmes.

A large chunk of the menu is dedicated to slabs of steak which, slightly confusingly, are priced per 100g when the minimum you can buy is 200g.

Despite this, fillets and sirloins are relatively cheap while being tender and flavourful. The fillet



Moo Cantina is paradise for steak lovers

steak is the cornerstone of Argentine cuisine (traditionally served with chimichurri and roasted peppers).

For diners looking for Argentine staples, the empanadas (we tried both the beef and the chicken) were sweet and crispy, and the Lomito (gourmet grilled steak sandwich) was balanced well with a strong provolone.

My dinner companion opted for garlic and parsley Provençal fries as a side to the steak, and they disappeared quickly.

The desserts were equally good. Dulce de Leche is mandatory in Argentine dining and at Moo Cantina the delicious sweet caramel is served with pancakes.

The finished article could have been improved by giving the pancakes 30 seconds in the microwave rather than serving them cold.

The plum and blueberry crumble was all the better for being warm and served with fior di latte ice cream.

Arriving slightly before eight, the restaurant was quiet but it filled up nicely as the evening went on.

Given the location and proximity to Shoreditch High Street, Moo Cantina would be ideal to grab some quick but high quality food before a few drinks.

A main course with sides and dessert plus a glass of wine came to a very reasonable £25 a head.

■ Moo Cantina is at 62 Brick Lane, E1. Tel: 7377 9261.

Beans, beans are good for your heart

CAPTURE spring's refreshing tastes with this zingy salad sensation.

This would make an excellent packed lunch for a sunny day. White beans are a source of protein and, along with other beans and pulses, can count as one of your 5 A DAY fruit and vegetables (but only one a day, no matter how much you eat).

This recipe counts as 2 of your 5 A DAY.

As the first charity to create awareness of the link between

diet and cancer risk, World Cancer Research Fund produces healthy recipes – including offerings for the Great Grub Club, a free club for 4 to 7-year-olds in Tower Hamlets and Hackney.

On joining, kids receive the Passport to Good Health membership pack and a free quarterly magazine to help them develop healthy habits.

For more information visit www.greatgrubclub.com or to sign up call 7343 4200 or email foodsmart@wcrf.org.

White bean salad with asparagus – serves 5

Ingredients

125g/5oz (approximately 5 stalks) green asparagus
400g/16oz can white beans (such as cannellini), drained and rinsed
1 orange pepper, sliced into strips
Small red onion, chopped

2 tbsp olive oil
2 tbsp freshly squeezed lemon juice
1 tsp Dijon mustard
Freshly ground black pepper
100g/4oz leafy salad greens, such as watercress, rocket or spinach

Method

1. Cut the asparagus into 2.5cm/1 inch pieces. Lightly steam for 4 minutes in a steamer or saucepan with a little water, then set aside to cool.

2. In a large bowl, combine the beans, pepper and red onion. Gently toss in the asparagus.

3. In a separate bowl, whisk together the olive oil, lemon juice, mustard and pepper.

4. Gently toss the dressing into the salad.

5. Line a salad bowl with the leafy greens and top with the dressed bean salad.

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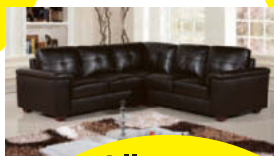
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R3cyclor Treasure Hunts!



Come and join us during half term for a treasure hunt!



Find all the clues around the park to receive FREE prizes such as children's nature books, bags, water bottles, magnets and more.

All events will be from 11am to 3pm*

Wed 27th May Weavers Fields **Fri 29th May Mile End Park** **Sat 30th May Langdon Park**

*In the event of adverse weather conditions Veolia reserve the right to re-schedule the event.



VEOLIA

Tower Hamlets Homes

Tower Hamlets Homes Residents' Panel is looking for new members

We need residents with ideas and time to spare to help us improve our services for residents.

As a Panel you will:

- Look closely at our performance and make sure we are doing what we say we are.
- Scrutinise our service delivery and make recommendations to Tower Hamlets Homes Board.
- Help us to make sure residents have opportunities to get involved in issues that affect their home and neighbourhood.



Applications from Tower Hamlets Homes tenants only.

(We have reached our quota of leaseholders on the Panel so we are unable to accept applications from leaseholders on this occasion.)

For an application pack please contact Kamal Hanif - Resident Scrutiny Co-ordinator, or download an application pack from our website.

☎ **020 7364 5294** ✉ residentengagement@thh.org.uk

🌐 www.towerhamletshomes.org.uk

Application deadline: 5 June 2015



Who's sharing in your neighbourhood?

ShareEast brings together neighbours to share skills. Members – including Ravinder Bhogal, left – earn Echoes, the currency of ShareEast, which allows them to trade skills and time.

SHAREEAST.CO.UK

Architecture awards

Mint Street in Bethnal Green and Darbishire Place in Whitechapel have won RIBA London Awards.

SEE BELOW

Property



Award-winning food writer and chef Ravinder Bhogal

EAST Village, the former London 2012 athlete's village, hosted an exclusive supper club earlier this month. Diners ate dishes cooked by award-winning food writer and chef Ravinder Bhogal on May 12. The event was organised in conjunction with ShareEast, a scheme which brings together neighbours to share skills.

It was the first of a series of supper clubs, which will see members take it in turns to host a monthly dining experience.

Members bring their own drinks to the East Village supper clubs while ShareEast covers the cost of ingredients. Members who are hosting or cooking will earn Echoes – the currency of ShareEast, which allows them to trade skills and time. Visit shareeast.co.uk



YOUTH workers from The Rooted Forum youth group pitched to more than 100 older residents at a Dragon's Den-style contest. Contestants set out to earn £200 for their project at a St George's Day party at Tarling East Community Centre in Shadwell, organised by Tower Hamlets Community Housing. Ideas ranged from a cooking workshop to day trips. The winning pitch was delivered by Nazib Abid with his Bridging the Gap Project, which helps bring IT skills to older residents via support and training from members of the youth club.

(Above) Nazib receiving his cheque from the party's sponsor John Coster of JC Coster (Metal Works) Ltd.

Top awards for Peabody

BY JACQUELINE HARTHILL

TWO Peabody estates in Tower Hamlets have been awarded a 2015 RIBA London Award for architectural excellence.

Designed by Pitman Tozer Architects, Mint Street provides 67 mixed tenure homes in Bethnal Green. Set within a single brick building, the development follows the curves of the

nearby railway viaduct and is a 21st century re-interpretation of the traditional mansion block.

Darbishire Place, by Niall McLaughlin Architects, is a new block of 13 homes on one of Peabody's oldest estates in Whitechapel.

The scheme completes an ensemble of six housing blocks surrounding an internal courtyard, the original block having been destroyed during the

Second World War. The façade complements the characteristics of existing Victorian buildings designed by the first Peabody architect, Henry Astley Darbishire.

Darbishire Place and Mint Street were winners at the regional awards, given to buildings recognised as important contributions to architecture. They will go forward to the RIBA national awards and potentially to the mid-list for the Stirling Prize.



Peabody's award-winning Mint Street and Darbishire Place developments





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Housing Demand

Demand by bedroom need and Banding as at 01 April 2015

Bedroom(s) needed	Band 1A	Band 1B	Band 2	Band 3	Total
1 bed	653	211	1,544	6,330	8,738
2 bed	501	85	2,041	1,716	4,343
3 bed	207	128	3,732	927	4,994
4 bed	97	71	1,254	101	1,523
5 bed +	19	4	149	12	184
Total Current Demand	1,477	499	8,720	9,086	19,782
Total Lets 01/04/2014 to 31/03/2015	341	402	966	163	1,872

Homes Let from 01/04/2014 to 31/03/2015

Bedroom size	Band 1A	Band 1B	Band 2	Band 3	Total
(Bedsit) 0	2	16	53	7	78
1	126	245	233	117	721
2	109	68	455	31	663
3	66	56	183	8	313
4	36	17	20	0	73
5	2	0	19	0	21
6	0	0	3	0	3
7	0	0	0	0	0
Total	341	402	966	163	1,872

Landlord and property type of homes let

Landlord	Bungalow	Flat	House	Maisonette	Total
COUNCIL	1	374	26	97	498
RSL (Registered Social Landlord)	5	1,079	83	207	1,374
Total	6	1,453	109	304	1,872

Floor level of homes let

Basement	Ground	1st	2nd to 4th	5th to 10th	11 +	Total
8	509	331	753	212	59	1,872

Applicants Currently Waiting (years)

The table below shows the length of time applicants are currently waiting on the Housing list. However, it is NOT an indicator of how long applicants can wait for rehousing.

Bedroom(s) required	1 bed	2 bed	3 bed	4 bed	5 bed +	Total
Up to 1 Year	1,344	712	455	66	9	2,586
2 Years	1,195	722	509	108	11	2,545
3 Years	1,287	795	672	115	18	2,887
4 Years	1,035	424	592	135	18	2,204
5 Years	830	364	512	146	18	1,870
6 Years	694	275	437	155	17	1,578
7 Years	576	197	399	101	16	1,289
8 Years	381	170	332	117	16	1,016
9 Years	362	147	270	133	13	925
10 Years	278	88	210	105	15	696
11 Years	208	93	146	79	11	537
12 Years +	548	356	460	263	22	1,649
Total	8,738	4,343	4,994	1,523	184	19,782

TOWER HAMLETS HOUSING LIST

INFORMATION ON HOUSING DEMAND AND LETS

The way we decide housing priority changed on the 20th April 2013.

Please see the Allocations Scheme document for details.

www.thhs.org.uk



SHELTERED
Accessible Category E
JOHN TUCKER HOUSE, MELLISH STREET, E14
Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted

Eligibility : Min Client Age 60

£165.62, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 32397



SHELTERED
Accessible Category E
MANDELA HOUSE, VIRGINIA ROAD, E2
Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted

Eligibility : Min Client Age 60

£171.71, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 32398



OVER 50's
Accessible Category F
ALL SAINTS COURT, JOHNSON STREET, E1
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • Advance rent required at sign up of tenancy

Eligibility : Min Client Age 50

£128.75, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 32444



OVER 50's
Accessible Category F
RECTORY SQUARE, E1
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • No garden • Permit parking • Pets permitted • 2 flights of stairs inside front door up to living area • Heating & hot water included in charges

Eligibility : Min Client Age 50

£134.53, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 32413



BEDSIT SELF-CONTAINED FLAT
Accessible Category G
BRADBEER HOUSE, CORNWALL AVENUE, E2
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy • Rent collected monthly

£171.28, Weekly - Social Rent
Landlord: Affinity Sutton

Property Ref: 32427



1 BEDROOM
Accessible Category F
ROBERT SUTTON HOUSE, TARLING STREET, E1
Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£126.43, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 32428



1 BEDROOM
Accessible Category F
PARFETT STREET, E1
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted

£115.04, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 32409



1 BEDROOM
Accessible Category F
FIELDGATE MANSIONS BLOCK 18, ROMFORD STREET, E1
Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 6 years • 36 steps to front entrance door • One week's advance rent required at sign up of tenancy

£116.38, Weekly - Social Rent
Landlord: Southern Housing Group

Property Ref: 32425



1 BEDROOM
Accessible Category F
CHEADLE HOUSE, COPENHAGEN PLACE, E14
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

£121.29, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 32396



1 BEDROOM
Accessible Category D
CARMINE WHARF, COPENHAGEN PLACE, E14
Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric radiators • No garden • Car free home • Pets not permitted • One week's advance rent required at sign up of tenancy

£129.14, Weekly - Social Rent
Landlord: Gallions Housing Association

Property Ref: 32448



1 BEDROOM
Accessible Category D
BLACKWALL WAY, E14
Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£160.58, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 32392



1 BEDROOM
Accessible Category F
COOKHAM HOUSE, MONTCLARE STREET, E2
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges

£121.32, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 32426



1 BEDROOM
Accessible Category F
ROXFORD HOUSE, DEVAS STREET, E3
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£140.10, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 32442



1 BEDROOM
Accessible Category F
ANNABELLE COURT, NEW ROAD, RM13 - LB HAVERING
Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years except for those currently holding a Secure or Assured social housing tenancy

£144.49, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 32430



2 BEDROOMS
Accessible Category D
BLACKWALL WAY, E14
Flat • 2 Bed 4 Person • 5th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£176.01, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 32393



2 BEDROOMS
Accessible Category D
BLACKWALL WAY, E14
Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£176.90, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 32394



2 BEDROOMS
Accessible Category D
BLACKWALL WAY, E14
Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£180.15, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 32424



2 BEDROOMS
Accessible Category F
PARRY HOUSE, GREEN BANK, E1W
Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£134.12, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 32391



2 BEDROOMS
Accessible Category F
HENLEY HOUSE, SWANFIELD STREET, E2
Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£129.00, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 32412



2 BEDROOMS
Accessible Category G
JUNO HOUSE, OLD BETHNAL GREEN ROAD, E2
Flat • 2 Bed 4 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

£136.39, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 32446



2 BEDROOMS
Accessible Category F
BRIMSDOWN HOUSE, DEVAS STREET, E3
Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£140.07, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 32395



3 BEDROOMS
Accessible Category F
APSLEY HOUSE, STEPNEY WAY, E1
Flat • 3 Bed 5 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

Eligibility : Transfer List

£147.15, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 32441



3 BEDROOMS
Accessible Category F
HEDLEY HOUSE, STEWART STREET, E14
Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years except for those currently holding a Secure or Assured social housing tenancy

£179.77, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 32445



3 BEDROOMS
Accessible Category F
JAMES MIDDLETON HOUSE, MIDDLETON STREET, E2
Flat • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

PREFERENCE WILL BE GIVEN TO HOUSING MOVES APPLICANTS

£127.31, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 32447

Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.

 <p>AFFORDABLE RENT Accessible Category F SUSANNAH STREET, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£172.50, Weekly - Affordable Rent Landlord: Gateway Housing Association</p> <p>Property Ref: 32429</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 3 Bed 4 Person • 2nd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties £247.19, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32389</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 3 Bed 4 Person • 2nd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£247.19, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32399</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 3 Bed 4 Person • 3rd floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£247.19, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32400</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 3 Bed 4 Person • 4th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties £247.19, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32401</p>
 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 3 Bed 4 Person • 5th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties £247.19, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32403</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 3 Bed 4 Person • 6th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties £247.19, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32405</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£197.72, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32414</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£197.72, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32415</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 2 Bed 4 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£219.66, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32416</p>
 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 1 Bed 2 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>PREFERENCE WILL BE GIVEN TO HOUSING MOVES APPLICANTS</p> <p>£197.72, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32417</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 2 Bed 4 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£219.66, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32418</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 1 Bed 2 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£197.72, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32419</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 1 Bed 2 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Band 3</p> <p>£197.72, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32420</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 2 Bed 4 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Eligibility : Band 3</p> <p>£219.66, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32421</p>
 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 1 Bed 2 Person • 6th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£197.72, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32422</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 2 Bed 4 Person • 6th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£219.66, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32423</p>	 <p>AFFORDABLE RENT Accessible Category C WALTER TULL COURT, REPTON STREET, E14</p> <p>Flat • 2 Bed 4 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>£219.66, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32431</p>	 <p>AFFORDABLE RENT Accessible Category C BILL VOISEY COURT, FRANK WHIPPLE PLACE, E14</p> <p>Flat • 2 Bed 4 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties £219.66, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32432</p>	 <p>AFFORDABLE RENT Accessible Category C BILL VOISEY COURT, FRANK WHIPPLE PLACE, E14</p> <p>Flat • 2 Bed 4 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.</p> <p>Advert represents 2 properties £219.66, Weekly - Affordable Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 32434</p>

AFFORDABLE RENT PROPERTIES



AFFORDABLE RENT
Accessible Category C
BILL VOISEY COURT, FRANK WHIPPLE PLACE, E14
Flat • 2 Bed 4 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.

Eligibility : Band 3

£219.66, Weekly - Affordable Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 32436



AFFORDABLE RENT
Accessible Category C
BILL VOISEY COURT, FRANK WHIPPLE PLACE, E14
Flat • 2 Bed 4 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.

Advert represents 2 properties

£219.66, Weekly - Affordable Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 32437



AFFORDABLE RENT
Accessible Category C
BILL VOISEY COURT, FRANK WHIPPLE PLACE, E14
Flat • 2 Bed 4 Person • 6th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.

Advert represents 2 properties

£219.66, Weekly - Affordable Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 32439



AFFORDABLE RENT
Accessible Category C
BILL VOISEY COURT, FRANK WHIPPLE PLACE, E14
Flat • 2 Bed 4 Person • 4th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Life Time.

£219.66, Weekly - Affordable Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 32449



AFFORDABLE RENT
Accessible Category G
1ST FLOOR, MELLISH STREET, E14
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Check heating on viewing • Shared garden • Off street parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£184.15, Weekly - Affordable Rent
Landlord: Circle 33 HA

Property Ref: 32411



AFFORDABLE RENT
Accessible Category F
MCBRIDE HOUSE, LIBRA ROAD, E3

Maisonette • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£199.75, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 32410



AFFORDABLE RENT
Accessible Category F
BASIL HOUSE, HENRIQUES STREET, E1

Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • 16 steps to front entrance door • £130 referencing fee • One month's advance rent & one month's rent as deposit required at sign up of tenancy • White goods provided

£227.77, Weekly - Affordable Rent
Landlord: Southern Housing Group

Property Ref: 32443



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124 Whitechapel Road, London E1 1JE

Local Housing Allowance Rates

April 2015

Type of Accommodation Local Housing Allowance

* Shared Accommodation £102.09 per week

1 Bedroom £257.35 per week

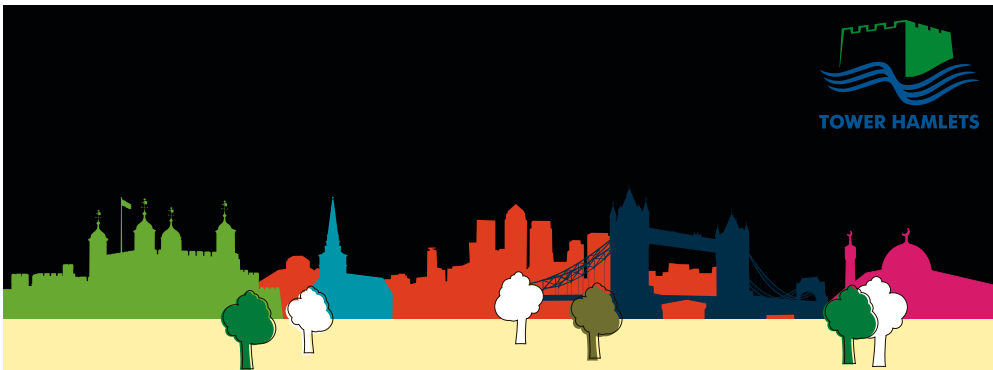
2 Bedroom £302.33 per week

3 Bedroom £354.46 per week

4 Bedroom & above £417.02 per week

*The shared accommodation rate will be used for single people under 35 years of age and single tenants/couples who only have exclusive use of one room and shares other facilities.





Troubled Families Data Analyst

Education, Social Care & Wellbeing Directorate
Ref: ESW00472 | Fixed term contract
Closing date: 14.06.2015

£32,157 - £34,380
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



Get trained before the busy July/ August wedding season.

Intensive 5 day bridal hair and make-up course £500.
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Please call Yasmin on: 07841 590496 for further information

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Previous experience or qualifications to demonstrate your ability on key softwares; Photoshop, Illustrator & InDesign.

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Experience and passion for styling and fashion, with a talent for hijab styling.

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Duration: 3 - 6 Months
Hours: 30 Hour week
Salary: Based on experience
***Perfect opportunity for New graduates, Uni/College students**
****Outstanding candidates can land a permanent role at the end of the contract.**

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Please forward your CV and a short email on why & how you fit the bill.
E: amin@islamicdesignhouse.com
For any burning or essential queries
T: 020 7538 0846
Application Deadline: 12th June 2015

Phoenix School

49 Bow Road, Bow, London E3 2AD
Tel: 020 8980 4740 | Fax: 020 8980 6342
Website: www.phoenix.towerhamlets.sch.uk

Can you make a difference to the lives of our young people at Phoenix School?

Teaching Assistant

Grade: Scale 3 - Level 14 (£19,644.00 pro rata)
32 hours per week £15,380.21 per annum (Term time only)
8:45am – 3:25pm (32 hours per week including one evening until 4:00pm)

Phoenix is an outstanding all age special school for pupils with severe language and communication difficulties including autism (3 – 19). We have autism accreditation through the National Autistic Society.

We are currently looking to appoint Teaching Assistants who are able to work in Early Years, Primary, Secondary and 6th form departments. Candidates should ideally have experience of working with children with special needs.

The school will provide induction, training and career progression opportunities.

Teaching Assistants will:

- Support children and young people in the classroom
- Assist with personal care
- Complete relevant training
- Support the teacher with written records and organisation of activities
- Record behaviour incidents

Phoenix School is committed to safeguarding and promoting the welfare of children. This post is exempt from the Rehabilitation of Offenders Act 1974. A DBS enhanced disclosure that is satisfactory to us will be a condition of appointment.

A workforce to reflect the community committed to positive action. We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, disability, sexuality, religion or age.

Closing date for applications: Tuesday 9th June 2015
Interview dates: Monday 22nd June 2015 & Tuesday 23rd June 2015
Start date: Tuesday 1st September 2015

Application packs are available to download from the TES website or the schools website

To place your ad in East End Life, call...

Terri on 7364 4682
Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061

To reserve your space, please call us to book by midday on the Tuesday prior to the Monday publication date.

eastendlife

CENTRAL FOUNDATION GIRLS' SCHOOL (Voluntary Aided)

25-33 Bow Road, London E3 2AE

Applications are invited for the following post which is available immediately

The Governing Body and Headteacher are seeking to appoint a Teaching Assistant to work in this vibrant inner city London school. If you think you have the personal qualities and skills to support the learning of students at this large successful school, we would like to hear from you.

You need prior secondary TA experience of working with SEND and/or EAL students, have excellent communication skills, be competent in English, Mathematics and ICT, and be willing to undertake specific training. Successful candidates may be required to run small group work with SEND and EAL students.

CFGs is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. All successful applicants will be requested to undertake an Enhanced Disclosure and Barring Service check.

For an application form, please download the documents from the school's website www.central.towerhamlets.sch.uk

Completed application forms must be received by the Human Resources Manager, Ms Neepa Chowdhury at nchowdhury@central.towerhamlets.sch.uk by 9.00am on Monday 8th June. Interviews to take place on Monday 15th June 2015.

Ms E. Holland, Headteacher
on behalf of the Chair of Governors

Age Range: 11-19 years, Roll: 1471
Tel: 020 8981 1131 Fax: 020 8983 0188

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Phoenix School

49 Bow Road, Bow, London E3 2AD
Tel: 020 8980 4740 | Fax: 020 8980 6342
Website: www.phoenix.towerhamlets.sch.uk

SLT Teaching Assistants (Level 4)

to work as part of a class team with a focus on Communication and Interaction required for September 2015

Grade: Scale 4 - Level 18 (£21,120.00 pro rata)
35 hours per week £18,086.08 per annum (Term time only)

Phoenix is an outstanding all age special school for pupils with severe language and communication difficulties including autism (3 – 19). We have autism accreditation through the National Autistic Society.

We are looking to appoint experienced Teaching Assistants who will work within a class team and will have a key role in the implementation of Speech and Language programmes in the classroom.

The post holder will:

- Develop and prepare visual materials for therapy and classroom sessions.
- Work under supervision of a Speech and Language Therapist and a class teacher.
- Provide effective support to less experienced colleagues, modelling good practice.
- Keep written records of pupil observations.
- Assist in provision of training to staff and colleagues.
- Carry out general Teaching Assistant responsibilities.

The post will include extensive in house and external training, to help further develop your skills with the opportunity to obtain an NVQ level 3 qualification in Language and Communication. There will be support and supervision from the Speech and Language Therapy Department.

This is an exciting opportunity to develop your skills in working with children with Speech and Language difficulties. Previous experience of working with pupils with communication and interaction difficulties is an advantage.

Phoenix School is committed to safeguarding and promoting the welfare of children. This post is exempt from the Rehabilitation of Offenders Act 1974. A DBS enhanced disclosure that is satisfactory to us will be a condition of appointment.

A workforce to reflect the community committed to positive action. We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, disability, sexuality, religion or age.

Closing date for applications: Tuesday 9th June 2015

Interview dates: Thursday 18th June 2015 & Friday 19th June 2015

Start date: Tuesday 1st September 2015

Application packs are available to download from the TES website or the schools website.

JAMIATUL UMMAH

Secondary School & 6th Form College

56 Bigland St, London E1 2ND
Tel: 020 7790 7878 Email: recruitment@jamiatulummah.org.uk
www.jamiatulummah.org.uk

Required for September 2015

Full Time/ Part time Humanities, & English Teacher (KS3 & KS4) – 1 Post Pay scale: £23,628 – £32,937

Full Time/ Part time Maths & Science Teacher (KS3 Only) – 1 Post Pay scale: £23,628 – £32,937

We are seeking to appoint qualified and experienced staff for the above post who can inspire and motivate our pupils to achieve excellence in all aspects of learning. We expect all our staff to be exemplary role models for our pupils and the school community.

Jamiatul Ummah is an independent Muslim school of 180 pupils in years 7 to 11 located in East London. The school offers National Curriculum and Islamic subjects.

The school is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. The successful candidate will be subject to all safer recruitment checks, including enhanced DBS check.

An Application form and further details are available from the School website: www.jamiatulummah.org.uk.

Applications should be submitted by email only to recruitment@jamiatulummah.org.uk

Deadline for application: 1st June 2015.
Interviews will be held on 6th June 2015



Canon Barnett Primary School

Gunthorpe Street, London E1 7RQ • Tel: 020 7247 9023

Learning Mentor

35 hours per week – Term Time + 2 weeks | Scale 5

Are you passionate about making a difference, about removing barriers to learning, about raising aspirations?

Please consider Canon Barnett as your next move if you have experience of:

- working with challenging behaviour
- implementing strategies and supporting learners in self-esteem and confidence-building activities
- providing group activities such as nurture or anger management classes
- drawing up agreed action plans with learners, outlining the aims of the mentoring, and monitoring their progress;
- liaising with relevant professionals and individuals, e.g. educational psychologists and social services
- Partnership working with parents around issues and problems, and running group sessions and workshops for parents at school

Further information, including an application pack, is available to download from www.canonbarnett.towerhamlets.sch.uk

Closing Date: Friday, 12th June at 12.00pm | Interviews: Friday, 18th June

The school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. Anyone appointed to the post will be subject to an enhanced police check.

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- Qualification in interpreting (e.g. CBS)
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Application deadline: 5pm, 12 June 2015

Please email your request for an application pack to: Interpreting Administrator, Praxis Interpreting +, Pott Street, Bethnal Green, London E2 0EF

Email: interpreting@praxis.org.uk

Applicants, who successfully meet the person specification, will be invited to an interview. Successful candidates will also be invited to the second stage of the application process – Assessment Day (date tbc)

Tel: 020 7749 7607 • 020 7749 7610 • Mobile: 079 3152 5962
Email: interpreting@praxis.org.uk • www.praxis.org.uk/interpreting

Experienced Female Personal Assistant Wanted

Required by visually impaired Asian lady in Bethnal Green. Local candidate preferred. £9.15 per hour.

I am offering 1 post **Ref: DPJK 0315**

Duties: Help with getting ready in the morning 7 days/week at a fixed time; shopping, cooking, cleaning and supporting me to attend appointments 9.75 hrs/week in total, flexibility required, knowledge of basic English/verbal and written required. Person who can drive and has access to her own car is preferred.

For application packs email

jkdp0315.recruitment@gmail.com or write quote reference DPJK 0315 and send to: DPJK0315, Real, First Floor, Jack Dash House, 2 Lawn House Close, London E14 9YQ

Closing date: Monday 1st June 2015

Exempt under the Sex Discrimination Act 1975, Section 7 (2) (B).

A LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

41 Upper North Street, London, E14 6FY

PA/15/1157/IOL

Application for removal of condition A14 (approved commercial units shall not to be combined and used as a single unit for retail purposes) of Planning Permission dated 21/09/2010, Ref: PA/10/00161 to allow for the amalgamation of retail units 1 and 2 and the creation of a 344sqm retail unit.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 25th May 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



Public & Legal Notices

Public & Legal Notices

Why you should read these.

Public and Legal notices could effect you in many ways. These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

Public & Legal Notices

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

London Independent Hospital, 1 Beaumont Square, London, E1 4NL

PA/15/1060/JTH

Installation of new Medical Gas plant in an external compound.

9 Flamborough Street, London, E14 7LS

PA/15/728/LAB

Internal stair lift for disabled resident

Plinth Opposite William Booth Memorial Statue, Mile End Road, London, E1

PA/15/1205/HDH

The erection of a statue of Catherine Booth on an existing stone plinth

485-489 Commercial Road, London, E1 0HA

PA/15/1202/HDH

Internal alterations to basement and re-opening fire exit door

St Michaels Court, St Leonards Road, London E1 6PS

PA/15/1028/IOL

External redecoration & repairs to include:
- Brick & stonework cleaning.
- Coping alterations & repairs to prevent rain water ingress to structural walls below the coping.

20-22 Colmans Wharf, 45 Morris Road, London, E14 6PA

PA/15/1153/IOL

Change of use of mezzanine and third floor (Units 20, 21 &22) from office to residential (C3) and/or live/work.

41 Upper North Street, London, E14 6FY

PA/15/1157/IOL

Application for removal of condition A14 (approved commercial units shall not to be combined and used as a single unit for retail purposes) of Planning Permission dated 21/09/2010, Ref: PA/10/00161 to allow for the amalgamation of retail units 1 and 2 and the creation of a 344sqm retail unit.

82 Three Colt Street, London, E14 8AP

PA/15/1206/SAE

Removal of the existing shopfront, external roller shutters (including associated housing) plus renewal of new timber shopfront with external roller shutters (including housing).

14A Campbell Road, London, E3 4DT

PA/15/1121 & 1122/SAE

Erection of a two storey rear extension and internal re-configurations/remodelling of existing two bed flat over ground floor/basement level and conversion of the existing to form 1 x 2 bed flat at ground floor level and 1 x 2 bed flat at basement level

184 Hackney Road, London, E2 7QL

PA/15/1148/SHA

Rear extension to enlarge 3 studio flat + roof extension to form 1 X 2 bed flat

184 Hackney Road, London, E2 7QL

PA/15/1147/SHA

Change of use from residential to hostel.

Footway outside 141 Mile End Road

PA/15/863/EBW

BT Payphone Kiosk with combined internally illuminated advertising. One side will display a BT payphone and the reverse side will hold a scrolling advertising panel which can display static or scrolling advertising posters.

O/s 141 Mile End Road, London, E1 4AQ

PA/15/866/EBW

Exisiting freestanding Openstyle BT ST6 Payphone Kiosk to be re-sited by approximately namely to be re-sited as part of the London Borough of Tower Hamlets Super Cycle Highway scheme, in accordance with extensive consultation.

Footway adjacent to Royal London Hospital, Whitechapel Road, E1,

PA/15/1150/KH

Proposed re-location of a Transport For London Cycle Hire docking station on the pavement outside the London Hospital to contain 42 cycle docking points, plus a terminal (as part of the of the Cycle Superhighway 2 Upgrade Works)

106 Commercial Street, London, E1 6LZ

PA/15/589/ADW

Installation of roof level air handling equipment and acoustic screening.

77 Brick Lane, London, E1 6QL

PA/15/1165/DHA

New Shopfront to replace existing

3-11 Dod Street, London

PA/15/1142/IOL

Full planning application for the infill of a redundant under-croft area at Limehouse Court to provide a residential unit (Class C3).

129 Cadogan Terrace, London, E9 5HP

PA/15/1160/KFL

Application for variation of condition no 13 (hours of operation) from:
10:00 - 22:30 Sundays - Thursdays
10:00 - 23:00 Fridays and Saturdays
to:
10:00 - 23:30 Mondays to Thursdays
10:00 - 24:00 Fridays and Saturdays
10:00 - 22:30 Sundays
and condition 15 from (use of ground floor unit as A4 (public house) only) to (use of lower ground floor/ground floor solely for A3 or A4 purposes) of planning permission dated 07/10/2014, Ref: PA/14/01731.

3-5 Toynbee Street, London, E1 7NE

PA/15/1161/LYM

Change of use of ground and basement commercial unit from A1 to Sui Generis. The specific proposed use is a beauty salon providing non-medical beauty treatments: facials, manicure/pedicure, massage (stretching, deep tissue, sports, aromatherapy), and retail of beauty products (creams, aromatic oils).

118-120 Whitechapel Road, London, E1 1JE

PA/15/1090/ADH

Installation of 2 x non-illuminated fascia signs

100 Whitechapel Road, London, E1 1JG

PA/15/1136/DHA

New projecting sign.

379 Mile End Road, London, E3 4QS

PA/15/814/KHM

Redevelopment of site to encompass 3 self contained units; Change of use from A3 to A1 use to integrate existing basement into shop; rear part 2 storey extension and roof extension.

Co-op Supermarket 74-80 Middlesex Street, London, E1 7EZ

PA/15/1056/AHU

Installation of handrail and amendments to existing entrance steps.

8 Tredegar Square, London, E3 5AD

PA/15/1111/EBW

Partial demolition of lower ground floor vaults to provide access to lower ground floor from the ground floor entrance.

50 Brick Lane, London, E1 6RL

PA/15/1185/DHA

Mansard roof extension at third floor level to provide an open-plan living/kitchen space for a two-bed unit located within mansard roof of 52 - 56 Brick Lane.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

26D Princelet Street, London, E1 6QH

PA/15/877/SHA

Addition of galvanised mesh panels and horizontal top rail to inner side of existing black painted tubular steel balustrade on rear 3/F balcony of 26D Princelet Street. Replacement of sliding aluminium access door to balcony

38B Arbery Road, London, E3 5DD

PA/15/1094/JTH

Basement Conversion. Proposed Front and Rear Light wells.

44 Brokesley Street, London, E3 4QJ

PA/15/873/BMC

Erection of single-storey rear/side extension.


Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 25th May 2015

OWEN WHALLEY

Head of Planning and Building Control



Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – TREDEGAR SQUARE E3

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

- **Location:** The eastern arm of Tredegar Square for a distance of approximately 50 metres to the southernmost end from its junction with the southern arm of Tredegar Square;
- **Reason:** To allow essential removal of a tower crane to be carried out on the public highway by Gee Construction Limited;
- **Alternative Route:** For vehicular traffic, there is no alternative route;
- **Period:** On Monday 15th June 2015 and Tuesday 16th June 2015 from 08:00 hours until 18:00 hours.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 25th May 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – YABSLEY STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made

an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the following prohibition:

- **Location:** Yabsley Street, to a point approximately 40 metres, east, from its junction with Prestons Road;
- **Reason:** To allow essential works to be carried out on the public highway by Clancy Plant on behalf of Optimise Thames Water;
- **Alternative Route:** For vehicular traffic will be via Yabsley Street, Blackwall Way, Baffin Way and Prestons Road (southbound) and vice versa;
- **Period:** From Monday 1st June 2015 to Friday 5th June 2015 from 08:00 hours until 18:00 hours each day.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 25th May 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – SWANFIELD STREET E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the following prohibition:

- **Location:** Swanfield Street, for a distance of approximately 30 metres, south, from its junction with Virginia Road;
- **Reason:** To allow essential works to be carried out on the public highway by Centurion Traffic Management;
- **Alternative Route:** For vehicular traffic will be via Virginia Road, Columbia Road (west-

bound), Hackney Road, Austin Street, Hocker Street, Arnold Circus, Club Row, Redchurch Street (eastbound) and Swanfield Street or Swanfield Street, Redchurch Street (westbound), Club Row, Arnold Circus, Hocker Street and Virginia Road (eastbound);

- **Period:** On Thursday 4th June 2015 from 10:00 hours until 15:30 hours.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Clean, Green and Highways, on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

Dated: 25th May 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 6

TOWER HAMLETS (PRESCRIBED ROUTES) (NO. 1) TRAFFIC ORDER 2015 ("FIELD DAY" FESTIVAL) ORDER 2015

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets, with the agreement of the London Borough of Hackney, made the above-mentioned Order under Section 6 of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from proceeding in:

- Grove Road between its junction with Wetherell Road and its junction with Old Ford Road.
- Old Ford Road between its junction with Bonner Street and its junction with St. Stephen's Road.
- Grove Road between its junction with Old Ford Road and its junction with Roman Road.
- Lauriston Road between its junction with Victoria Park Road and its junction with

Wetherell Road.

- Aberavon Road and Rhonda Grove, at their junctions with Mile End Road.
- Maplin Street, between its junction with Wentworth Mews and its junction with Mile End Road.

The restriction on vehicular traffic will enable the "FIELD DAY" FESTIVAL to take place in Victoria Park. Access will be provided for Police, Fire and Ambulance vehicles in an emergency or access may also be provided with the permission of a Police Officer in uniform.

The Order will operate on Saturday 6th June 2015 from 21:30 hours until 23:59 hours and Sunday 7th June 2015 from 20:30 hours until 23:59 hours for the "Field Day" egress, when temporary traffic signs and cones are placed on the public highway.

If you require any further details, please contact the Festival and Events Officer on 020 7364 7905 or e-mail festivalsand.events@towerhamlets.gov.uk

Dated: 25th May 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

LONDON BOROUGH OF TOWER HAMLETS

THE TOWER HAMLETS (PRESCRIBED ROUTE) (NO.1) TRAFFIC ORDER 2015

- NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets proposes to make the above mentioned Order under section 6 of the Road Traffic Regulation Act 1984, as amended by the Local Government Act 1985 and the Road Traffic Act 1991.
- The general effect of the The Tower Hamlets (Prescribed Route) (No.1) Traffic Order 2015 will be to impose anti-clockwise one way working for all vehicular traffic except for pedal cycles travelling contra flow on the following roads or streets proceeding in:

- Narrow Street, its west to east arm, between its junction with Spert Street and its junction with its eastern junction of Horseferry Road in a general eastbound direction;

- Horseferry Road, its south to north arm, in a general northbound direction;

- Horseferry Road, its east to west arm, in a general westbound direction;
- Spert Street, its north to south arm, in a general southbound direction;

- A copy of the proposed Order can be inspected by appointment at the offices of:

Communities, Localities and Culture, Clean, Green and Highways Department, Network Management Team, 6th Floor, Mulberry Place, P.O. Box 55739, London E14 2BG.

Transport for London, Streets Traffic Order Team, Palestra, 197 Blackfriars Road, London SE1 8NJ

This can be inspected and obtained only during normal office hours on Monday to Fridays inclusive until the expiration of a period of 21 days from the date on which this notice is published.

- Any person desiring to comment on the proposed Order, should send a statement in writing of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 25th May 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – VAUGHAN WAY E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Vaughan Way, for a distance of approximately 200 metres, south, from its junction with The Highway;

Reason: To allow essential works to be carried out on the public highway by Metro Traffic Services Limited;

Alternative Route: For vehicular traffic will be via East Smithfield, Thomas More Street, Stockholm Way and Vaughan Way and vice versa or The Highway, Wapping Lane, Wapping High Street, Sampson Street and Vaughan Way and vice versa;

Period: Will operate on the following weekends from 08:00 hours until 18:00 hours:

- Saturday 13th June 2015 and Sunday 14th June 2015;
- Saturday 20th June 2015 and Sunday 21st June 2015;
- Saturday 27th June 2015 and Sunday 28th June 2015.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 25th May 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

SPECIAL TREATMENT LICENCES

NOTICE IS GIVEN THAT Miles Monaghan and Sally Reynolds have applied to the London Borough of Tower Hamlets for a Tattooing special treatment licence for the premises Dharma Tattoo at 529 Roman Road London E3 5EL.

Anyone wishing to oppose the application must give notice in writing to the Environmental Health Commercial Team, Mulberry Place (AH), Box 55739, 5 Clove Crescent, London E14 1BY WITHIN THREE WEEKS specifying the grounds of opposition.

Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

Why you should read Public and Legal notices

These notices inform the public of planning act notices from roads to buildings and licensing act notices. Insolvency acts, notices to creditors and missing beneficiaries etc.

To place your Public notices in East End Life

please call...

Terri on 7364 4682
Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061



No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Stuck for things to do with the children this half-term? **Lee Valley Park** has plenty to offer.

Get on your bike at the VeloPark

THERE is an exciting range of pay and ride cycling activities for kids aged 10 to 16. Choose from track, BMX, road or mountain bikes (age and height restrictions apply for the velodrome track).



Learn how to handle the bikes, and improve your technique at the London 2012 venue.

Tues, May 26-Fri, May 29, 10.30am-3.30pm: BMX and mountain bike sessions – (ages 10 to 16) with equipment included. Minimum height 135cm/4ft 5in.

Tues 26 and Fri 29, 10am-3pm: road and track sessions (ages 12 to 16) and equipment is included. Minimum height 145cm/4ft 9in.

£27 for a five-hour session.

Lee Valley VeloPark, Abercrombie Road, Queen Elizabeth Olympic Park, E20.

www.visitleevalley.org.uk/velopark
08456 770603



Hockey and tennis

NOW home to Wapping Hockey Club, Lee Valley Hockey and Tennis Centre is running special Quicksticks hockey and Hotshots tennis sessions.

Quicksticks is a fun introduction to hockey for six- to 10-year-olds, with training and some fast action gameplay. All equipment is provided for both fun sessions.

Hotshots tennis sessions are led by qualified coaches and include drills, games and matches.

Tues, May 26-Fri, May 29.

Hockey 10.30am-12noon (ages 9-12) and 12.30-2pm (5- to 8-year-olds).

Tennis: 10.30-12noon, 5- to 8-year-olds; 12.30-2pm, 9- to 12-year-olds.

£10 per session.

Lee Valley Hockey and Tennis Centre Eton Manor, Leadmill Lane, Queen Elizabeth Olympic Park, E20.

www.visitleevalley.org.uk/hockeytennis

08456 770604

Watersports

GO canoeing sessions are held on the centre's flat water lake and are perfect for those new to the sport.

Hour-long taster sessions are suitable for ages 8+. £5.

Alternatively, feel the thrill of hydrospeeding or kayaking with hot dog sessions (ages 12+).

Hydrospeeding – £50 per person; hot dog sessions £100 for two people; go canoeing sessions £5.

Lee Valley White Water Centre Station Road, Waltham Cross, EN9 1AB.

www.gowhitewater.co.uk

08456 770606

Athletics

The holiday course at Lee Valley Athletics Centre's indoor stadium, offers youngsters aged 8-12 expert tuition.

Over four days, the camps cover disciplines, from hurdles to high jumps, sprints to javelin. A three-day course is also available for six- to eight-year-olds. £56.

Lee Valley Athletics Centre, 61 Meridian Way, Edmonton, London, N9 0AR.

www.visitleevalley.org.uk/athletics

020 8344 7230

Animal magic

Watch the sheep have their annual haircut and learn all about what can be done with wool.

You can get crafty with wool, count sheep in the farm trail and meet other animals, including meerkats.

There is a new farm-themed play area, and tractor and trailer rides.

Mon, May 25-Fri, May 29, 10am-5pm.

Adults £9.50, children/concs £8.50, under-2s free. Book online and save at least 10 per cent.

Lee Valley Park Farms, Stubbins Hall Lane, Waltham Abbey, EN9 2EF.

www.visitleevalley.org.uk

08456 770600



Wapping take top spot despite draw

BY PETER FAULKNER

WAPPING ladies A went top of the Summer League – even though they finished all square in a high-tempo game against Crostyx.

Wapping (pictured) had the upper hand throughout, much to the relief of emergency stand-in goalkeeper Rachel Kane, who strapped on the goalie pads for the first time in the absence of regular keeper Cerys Jenkins.

There were plenty of scoring opportunities for Wapping.

Sweeper Ro Cabrera fired off some testing shots from short corners,

Karolin Schaps-Bolle dodged two defenders only to be denied in a one-on-one with the Crostyx keeper, and the ever tenacious Ella van den Brink also went close on more than one occasion.

But they couldn't find the back of the net and Crostyx held on for a 0-0 draw.

Wapping ladies B beat Crostyx 1-0 thanks to a goal from Dee Joyce.

Wapping men B faced the club's A team. It was bit of a one-sided affair with the B team winning 7-1 with three goals from Will Vernon and one apiece by, David van Stolk, Phil Beer, Tom Hammond, Ben Bradish.

Tom Griffiths got the A team's consolation goal.

THE final round of fixtures in the first phase of the City and Wharf Hockey League got underway played at John Orwell Sports Centre.

Group One honours was topped by Linklaters, while in Group 3 London Academicals just missed out on top spot in their debut season, losing 1-0 to the Bank of England via Ben Rolt's strike.

Group 4 will conclude with Deloitte and Morgan Stanley battling to overtake the Wapping HC Mutineers, while, in Group 5, Arup face the Wapping HC Privateers for second spot. Wapping HC Highwaymen will try to hold on to top spot in Group 6.

www.cityandwharfhockeyleague.com

Sport in brief

Cycle to fight meningitis

TOWER Hamlets cyclists are being invited to help raise money to fight meningitis... by signing up for a moonlight bike ride.

The **Nightrider** event sees 3,000 cyclists pedal past 50 of London's iconic landmarks, including Canary Wharf and Tower Bridge on June 6.

While the capital sleeps, you could be setting off from Lee Valley VeloPark on the 60/100k race. Meningitis Now is offering discounted entry to five participants – in return for guaranteeing to raise at least £175.

Riders will receive support from Meningitis Now every step of the

way, including a fundraising pack, a free cycling top and personalised letters.

Participants must be 18 or over on race day and must be confident riding alongside London traffic. It's a long course, so training is strongly recommended.

To sign up or for more information, call 01453 769023, or email zoec@meningitisnow.org

Get in touch

MILLWALL Rugby Club's Touch Rugby sessions will take place on Sundays (1-3pm), Mondays (7-9pm) and Thursdays (7-9pm) – all at Millwall Park.

In addition to this, they will be playing at Surrey Quays on

Wednesday evenings. The kick-offs will vary between 6.30pm and 8pm.

Paralympic fun day

CHEER on sports stars and enjoy family games and entertainment as Queen Elizabeth Olympic Park becomes the focal point of **National Paralympic Day**.

Meet ParalympicGB athletes and see them in action at the park's iconic venues at this celebration of the Paralympic movement on July 26.

Visitors can try out disability sports and also enjoy the Mayor of London's Liberty Festival, which showcases the nation's finest talent in deaf and disability arts all for free.



More inside
For stories on hockey, fundraising events and half-term activities...

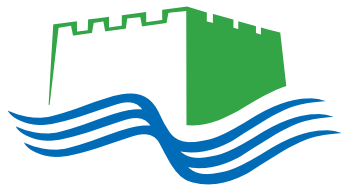
SEE PAGE 35



Marianne's winning mentality

"Winning the title has affected me in a positive way – it's like I'm a different fighter. Maybe that's just the confidence of knowing I can go ten rounds with a world-ranked fighter and beat them."

MARIANNE MARSTON



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Ready to take on the world

BY PETER FAULKNER

TWO of East London's top female fighters are aiming to rule the world.

Muay Thai champion **Ruqsana Begum** has vowed to carry on in the ring despite losing a second world title bout.

She is asking the borough's businesses to back her bid for a third crack at the title.

And boxer **Marianne Marston**, trained by Bow's Johnny Eames, has been told she can now prepare for a summer world title fight.

Marston has been told she will be facing WIBA champion Shannon O'Connell.

After being crowned Malta Boxing Commission International super-bantamweight champion last October, she is now the number one contender.

The problem is that after beating Hungary's Marianne Gulyas at York Hall, Bow-based Marston has struggled to find anyone to fight her.

She should have fought at York Hall again on May 2, but the bout didn't come off, so she is not getting the preparation she



Marianne Marston



I have got one title and now I want the big one. It is my destiny."

Marianne Marston

would like in the build-up to the world title.

"It's close to six months since I won the title and I have to admit I hoped to be boxing again by now, but for one reason or another that just didn't happen," said Marston.

"Winning the title has affected me in such a positive way – it's like I'm a different

fighter now. Maybe that's just the confidence of knowing I can go ten rounds with a world-ranked fighter and beat them.

"Now I've got to use this to my advantage and prove it to everyone when I challenge for her title.

"I have said this before, but when my career comes to an



Ruqsana Begum

end, I want to be remembered as a boxer that had good skills, a proper champion, not someone that just coasted through their career.

"I want Shannon to worry about the Marianne that will face her this summer.

"I have got one title to my name and now I want the big one. It is my destiny."

Begum, who works at Whitechapel's Swanlea School, lost to Ludvine Lasnier of France at Earls Court and failed to lift the 50kg atomweight title less than a year after her first losing challenge.

But the reigning British champion, trained by Bill Judd at the KO gym in Bethnal Green, wants to find sponsors to help

with her travelling expenses as she works for a third world title shot.

"I have to have three title fights a year – British, world and European – just to maintain my ranking plus one other contest and these could be anywhere in the world," said 31-year-old Ruqsana.

"Wherever I go my trainer Bill Judd has to come with me, so that means around £4,000 per fight for fares and hotels, leaving me with a bill of around £16,000.

"At present I pay for all this myself from my earnings as a science technician and from my personal training income, which doesn't leave a lot spare.

"Muay Thai does not attract major sponsorship. So I am appealing to companies at Canary Wharf and the City of London in the shadow of my gym at Bethnal Green, to come forward and help me continue and encourage other Muslim girls to take up the sport."

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